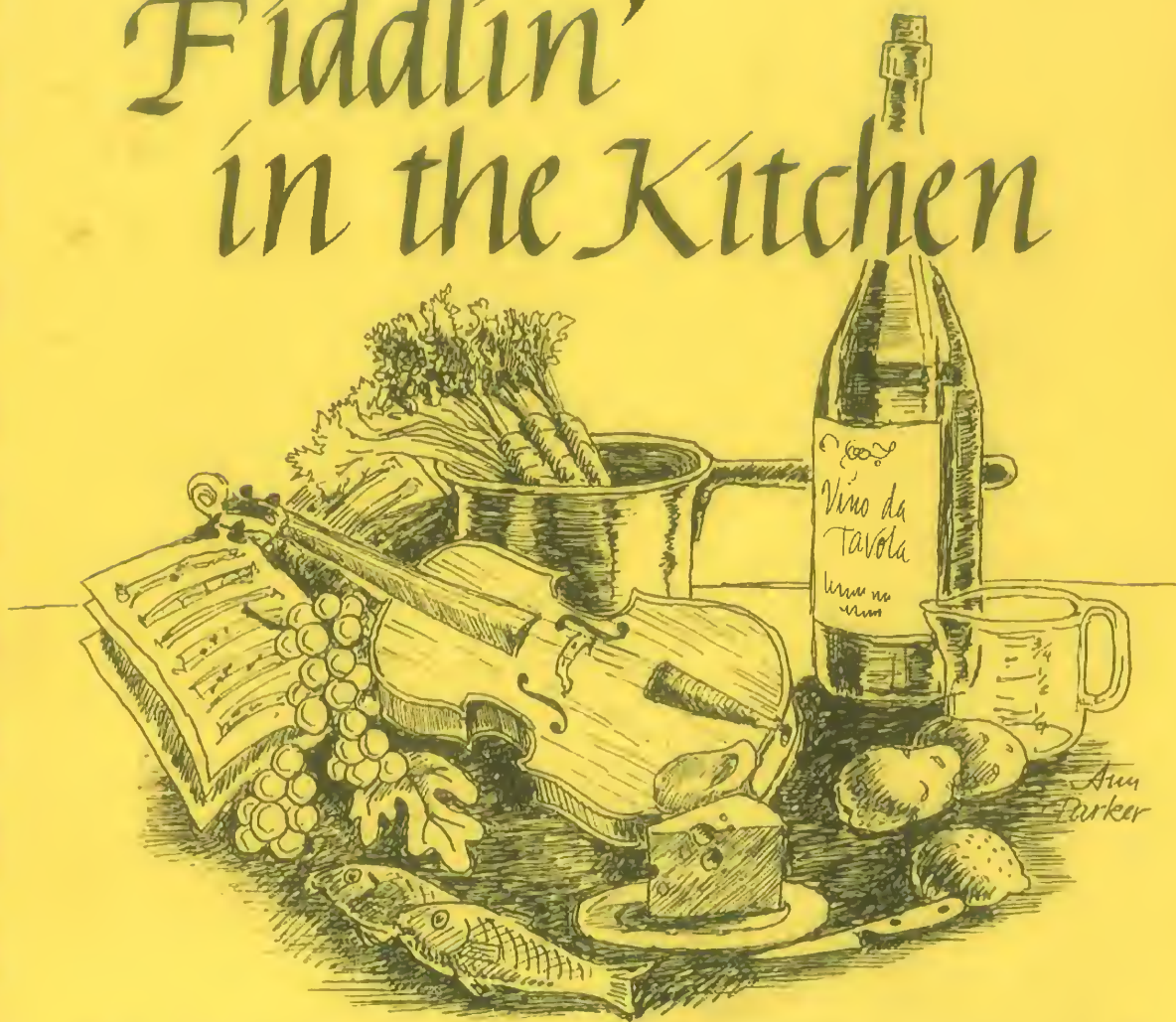


Fiddlin' in the Kitchen



The Chamber Music Society of Oregon

THE CHAMBER MUSIC SOCIETY OF OREGON

The Chamber Music Society of Oregon was founded in July 1973 when Hazel DeLorenzo, then with the personnel office of a large Portland firm, called together a handful of friends to discuss what they might do personally about the large number of young people continuing to enter the job market with inadequate "3R" skills. Repeated studies have shown that fine arts raise scholastic ability, and music was chosen because of its many-faceted benefits.

Music has always been a basic tool in traditional education. It utilizes both hemispheres of the brain, and there is some evidence that young children actually increase brain growth by the disciplined use of the small motor muscles required in instrumental music. Ensemble playing teaches cooperation and sharing the limelight, and promotes early social development. Music contributes to language and mathematical skills and to general learning. It helps in discipline and motivation, and when children from diverse cultural backgrounds make music together, prejudices have a way of losing themselves.

The policies set then have continued ever since: The Society would be supported only by low membership fees, voluntary contributions, private grants, and fund raising activities. Money would not be wasted on such luxuries as engraved stationery and elaborate glossy brochures, rented office space and hired administrative employees. The Society would work with the existing school structure, providing programs where they were welcome, and would also offer outside musical activities for young people. Everything possible would be free.

For further information on major CMSO activities, please see inside the back cover. For information on membership, directorship, tax-deductible contributions, and other activities, call or write. The addresses and phone numbers are on the back cover.

Fiddlin' in the Kitchen

*A collection of tested recipes from
Members, Family, and Friends of the*

Chamber Music Society of Oregon

Edited by:

Lucille Howell

Illustrated by:

Ann Parker

"Music is the fourth great material want of our nature --
first food, then raiment, then shelter, then music."

BOUVÉE

"If you want to build heroes, teach them gymnastics and music.
Begin with music."

PLATO

". . . investigations point to a correlation between music
study and muscular development, physical coordination,
mental concentration, the ability to hold up under
stress, memory skills, and vocal, visual and aural
development."

DR. F.R. WILSON

"The true order of learning should be, first, what is necessary;
second, what is useful; and third, what is ornamental --
to reverse this arrangement is like beginning to build
at the top of the edifice."

SIGOURNEY

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First Printing April 1983
Second Printing August 1983

Printed by:
PRINTRIGHT
Mall 205
Portland, Oregon

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Foreword

The recipes in FIDDLIN' IN THE KITCHEN come from members of the Chamber Music Society of Oregon and their families and friends across the country and abroad. Some of the recipes are generations old, some as new as 1983. Some are variations on old standards, some completely new. As far as we have been able to determine, none has been previously published. Most recipes are for quick and easy everyday cooking, with an interlacing of dishes for entertaining. Servings come single to party size, and many can be easily multiplied or divided.

All recipes have been tested at least once by someone other than the originator except for a small handful where the seasonal nature of the primary ingredients made testing impractical. These recipes are so marked. Our special appreciation goes to the testers (listed on page 190), who risked both time and ingredients to make this a practical, dependable cookbook. Their comments and suggestions are woven through the recipes.

The recipes list all ingredients in standard measurements and in the order of use. Full preparation instructions are included, and bits of basic kitchen craft (cross-indexed under Hints and by food type) are scattered through the book. Brand names are specified only when the originator feels the brand makes a difference in the finished product. The extensive reference tables come from many sources, including our own kitchens.

We hope you have as much fun Fiddlin' in the Kitchen as we have had putting it together, and share the enthusiasm of the volunteer testers who "can't wait" for the book to come out.

Lucille Howell, Editor
Portland, Oregon
March 1983

Chapter 1 Appetizers

CRUDITÉS WITH CURRY DIP about 1-1/8 cups dip

Dip:

1 cup mayonnaise
1 teaspoon curry powder
dash tarragon
1 teaspoon garlic salt

1 teaspoon white wine vinegar
1 teaspoon grated onion (or $\frac{1}{2}$
teaspoon Instant Minced Onion)
1 teaspoon prepared horseradish

Crudités:

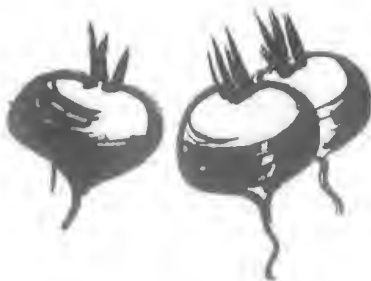
*carrots
*celery
*small unpeeled cucumbers
*small unpeeled zucchini
broccoli florets
cauliflower florets

trimmed green onions
button mushrooms with stems
cherry tomatoes
radishes
Jerusalem artichoke slices
ripe olives

*in 2-3 inch sticks

Combine all dip ingredients. Refrigerate, covered,
over night to blend flavors. Stir.

Surround dip, spoke-fashion, with selected vegetables.



Belle and Loyal Lukes
Oxon Hill, Maryland

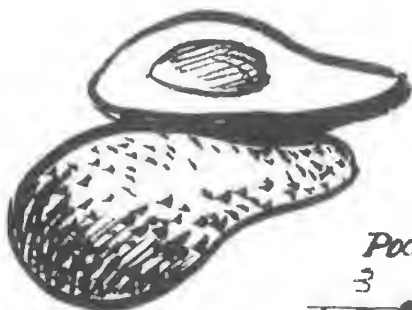
GUACAMOLE
about 4 cups

5-6 medium to large avocados, mashed
1 small onion, finely chopped
2 cloves garlic, pressed
1 medium tomato, peeled, seeded and chopped
1 tablespoon fresh coriander leaves (cilantro), chopped
1-3 small fresh or canned jalapeño chilis, to taste, chopped
1-1½ teaspoons garlic salt, to taste

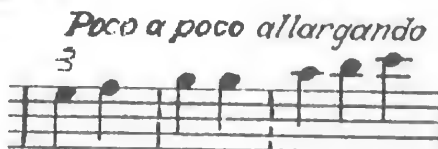
Mix all ingredients thoroughly. If not to be used immediately, fit a piece of plastic wrap directly on surface or sprinkle with lemon juice or vinegar to prevent discoloration, and refrigerate.

Serve as a dip with tortilla chips.

May also be used as a topping or filling for tostados, enchiladas, tacos, omelets, huevos rancheros; or to accompany Mexican meat dishes.



Gloria Crouse
Hood River



ERIC'S FAMOUS BEAN DIP
about 2½ cups



1 15-ounce can dark red kidney beans
½ 8-ounce can tomato sauce
1-6 small hot pickled peppers, drained, to taste
1 clove garlic
2 tablespoons oil
½ teaspoon salt
1 cup diced Cheddar cheese
tortilla chips or sesame seed crackers

Combine first 6 ingredients in a small saucepan.
Bring to a boil, covered, over medium high heat.
Pour into a blender or food processor.

Add cheese. Cover and blend on high speed 30
seconds, or process until smooth, stirring down if
necessary.

Serve hot with tortilla chips or sesame seed wafers.

ma non troppo

Kristen Tooley
Portland



BAVARIAN LIVERWURST SPREAD about 5 cups

1 pound pork liver
1 pound fatty bacon ends with very little lean
1 clove garlic
1 tablespoon fresh marjoram or 1 teaspoon dried whole marjoram
 $\frac{1}{2}$ teaspoon salt

Finely grind all ingredients together.

Turn into a 2-quart flame-proof casserole or heavy saucepan. Cook, uncovered, over low heat, stirring constantly, until bacon fat liquifies (5-7 minutes).

Remove from heat. Stir occasionally until completely cooled and mixture has absorbed fat.

Chill amount to be used within the week. Pack remainder in small jars or freezer packers and freeze. Thaw in refrigerator.

Remove from refrigerator 30 minutes before serving with small pieces of crusty rye bread.

Edith Minde
Portland



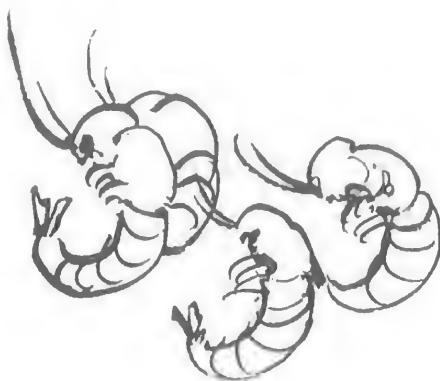
SHRIMP MOLD
4-5 cups

2 pounds finely chopped cooked shrimp
½ cup (1 stick) butter, softened
1-1/3 tablespoons grated onion
2-3 tablespoons lemon juice
1-2 teaspoons prepared horseradish, to taste
dash salt
dash black pepper
assorted crackers

Combine all ingredients except crackers, mixing well. Pack into a buttered 4-5 cup mold. Seal with plastic wrap and chill.

Unmold or serve in mold, surrounded by crackers.

Belle Lukes
Oxon Hills, Maryland



PROFITEROLES WITH BLACK FOREST CHEESE FILLING

about 4 dozen

Pastry:

1 cup water
 1/8 teaspoon salt
 1/2 cup (1 stick) butter
 1 cup flour
 4 large eggs at room temperature

Glaze:

1 beaten egg yolk mixed with
 1 1/2 teaspoons water

Topping:

about 1/2 teaspoon Kosher salt
 1 1/2-2 teaspoons caraway seed

Black Forest Cheese Filling:

1/2 cup milk, divided
 dash salt
 1 tablespoon cornstarch
 *1 egg yolk, beaten
 2 cups shredded Swiss cheese (4 ounces)
 1/2 cup (1 stick) butter, softened
 1 tablespoon Kirsch

*leftover egg wash from pastry may be substituted

Pastry:

Preheat oven to 425°. Spray a 14x18-inch baking sheet with a non-stick spray.

Bring water, salt and butter to a rolling boil in a 2-quart saucepan. Off-heat, add flour all at once. Beat vigorously with a wooden spoon until mixture clears pan sides. Beat in eggs, one at a time, until well-blended.

Drop by teaspoonfuls onto baking sheets, 1 inch apart. Brush with glaze, being careful not to let glaze drip onto baking sheets and prevent puffs from rising. Sprinkle with salt and caraway seed.

Bake 15 minutes. Reduce heat to 325° and bake another 10 minutes. Pierce each puff with a skewer. Bake another 10-15 minutes until dry. Do not open oven for first 15 minutes.

Turn onto racks to cool.

The puffs may be made several days ahead, and may be frozen. Recrisp frozen puffs in a 325° oven 10-15 minutes.

Filling:

Pour off about 2 tablespoons of the milk into a cup and set aside. Bring remainder, with salt, to a simmer in a 1-quart saucepan. Dissolve cornstarch in reserved milk and whisk in. Cook, stirring, a few seconds until thickened.

Off-heat, immediately stir in cheese, then egg yolk. Mix well. Cream butter until fluffy. Gradually stir in cheese mixture, then Kirsch. Chill.

To Serve: Shortly before serving, split puffs and fill with cheese mixture.

Variations: Puffs may be filled with any suitable savory mixture.



Edith Minde
Portland

FRITITOS ANGELA (CUBAN HUSH PUPPIES)
180-190 pieces

4 cups water	1 tablespoon flour
1 teaspoon salt	
1 cup yellow cornmeal	oil for deep fat frying
1 large egg, beaten	salt

Prepare cornmeal mush from water, salt and cornmeal according to package directions. Cover and chill at least over night, or for 2-3 days.

Heat oil to 375°.

Remove any skin from mush. Mix in egg, then flour. Test-fry 1 teaspoon 3-4 minutes until crisp and golden. If it absorbs any oil, add 1 teaspoon flour and retest.

Shape mixture into walnut-sized balls. Fry a single layer at a time in the heated fry-basket 3-4 minutes or until crisp and golden. Jiggle basket a time or two, and gently separate any balls that cling together.

Drain in basket, then on paper towels. Sprinkle with salt.

Serve hot.

Frititos hold their heat for some time, but may also be kept hot in a 275° oven.

They freeze well. Reheat in a 350° oven. They may also be served as a substitute for potatoes.

Angela Wortham
Buenos Aires, Argentina

ONION SURPRISES

servings variable

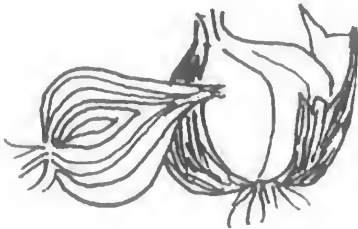
sliced cocktail rye bread	1 part finely chopped onion
1 part mayonnaise	1 part grated Parmesan cheese

Preheat broiler.

Arrange rye slices on a baking sheet. Top each with a rounded teaspoonful of mixed mayonnaise, onion and Parmesan.

Broil until bubbling.

Serve hot.



Belle Lukes
Oxon Hill, Maryland

CHEESE BITS

servings variable

1 4½-ounce package dairy case biscuits (6-biscuit size)
1/3-½ cup shredded Cheddar cheese

Preheat oven to 450°. Heavily spray a 9x9-inch square pan with non-stick spray.

Quarter biscuits and arrange in pan, separated. Scatter cheese over top (any that falls on pan will crisp on biscuits).

Bake 8-12 minutes until puffed and brown.

Serve hot.

Gertrude Townsend
Portland

LOEMPPIA (LOOMPIA)
Indonesian Egg Rolls
6 servings

Filling:

3/4 cup finely chopped shrimp
1 cup finely chopped onion
2 cloves finely chopped garlic
3/4 cup finely shredded cabbage
1/3 cup finely shredded celery
2 teaspoons minced parsley
1 1-pound can bean sprouts,
 well-drained
1/2-2/3 cup finely chopped
 bamboo shoots
1/2 cup finely chopped water
 chestnuts
1/3 cup finely chopped green
 onion (include some green)
1/4 cup soy sauce

1/2 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon ground cumin
3 drops Tabasco
2 large eggs, well-beaten
2-3 tablespoons oil
1 pound lean ground pork

Pastry:

2 cups flour
1 teaspoon salt
1/4 cup cold water
1 large egg
cornstarch for board

Oil for deep fat frying

Filling:

Have all ingredients ready before starting to cook. Put shrimp on a square of waxed paper. Mix onion and garlic and place on a second. Combine next 6 ingredients and put on a third. Put green onions on a fourth. Mix next 5 ingredients in a 1-cup measuring cup. Beat eggs.

Heat oil to coat bottom of a 10-12 inch skillet over medium high heat. Crumble pork into pan and cook, stirring frequently, until lightly browned.

Reduce heat to low, add shrimp, and cook 2 minutes, stirring occasionally. Stir in onion and garlic and cook 5 minutes, tossing occasionally. Add cabbage mixture and cook 5 minutes, tossing occasionally. Add green onions and soy sauce mixture. Cook 1-2 minutes, tossing to mix well.

Stir in eggs, turning constantly, until they coat all ingredients and thicken.

Chill, covered, until needed.

Make Loempia Pastry (below). Heat deep fat fryer to 375°. Put a spoonful of filling on each pastry square. Pull 3 corners in and roll into an oblong roll. Seal edges with water.

Deep-fry until crisp and brown. Drain thoroughly.

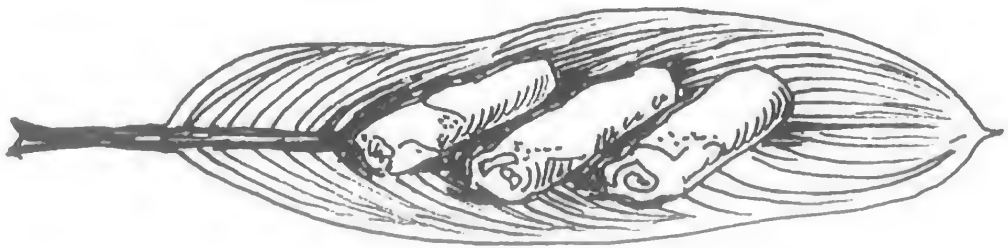
Serve piping hot, if desired with a hot pepper sauce, soy sauce, or a sweet and sour sauce.

Pastry:

Sift flour and salt into a mixing bowl. Make a well in center. Beat egg and water together until well blended and pour into well. Mix thoroughly. If dough does not hold together, add a few more drops cold water. Turn onto cornstarch-coated board.

Roll out dough about $\frac{1}{4}$ -inch thick. Cut in pieces about 2 inches square. Roll out each square paper-thin -- about 5-6 inches square. (Cut in half for hors d'oeuvres size.)

Hanny Becking
The Hague, Netherlands



PRESSED BEEF WITH HORSERADISH-DILL SAUCE
60-70 pieces

Beef:

1 cup water	1 teaspoon salt
$\frac{1}{2}$ teaspoon mixed pickling spices	1 $1\frac{1}{2}$ -pound flank steak, cut in 3 pieces
1 tablespoon red wine vinegar	parsley for garnish

Horseradish-Dill Sauce:
about $1\frac{1}{2}$ cups

1 cup dairy sour cream	$\frac{1}{8}$ teaspoon garlic powder
3 tablespoons mayonnaise	$\frac{1}{2}$ teaspoon dillweed
$1\frac{1}{2}$ teaspoons Instant Minced Onion	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ teaspoons Dijon mustard	$\frac{1}{4}$ teaspoon prepared horseradish

Beef:

Combine water, spices, vinegar and salt in a 2-quart pressure cooker (or heavy flame-proof casserole). Bring to a boil. Add steak pieces. Pressure cook at 15 pounds pressure 45 minutes. Let cool naturally until pressure is down. Exhaust any remaining steam. (Or simmer, covered, $1\frac{1}{2}$ -2 hours until very tender. Add a little more water if needed.) Lift out meat.

Reduce stock to $\frac{1}{2}$ cup. Strain. Finely shred meat. Pack tightly in a 9x5-inch loaf pan lined with waxed paper. Pour reduced stock over it. Cover with waxed paper cut to fit. Weight and refrigerate 24 hours.

Serve thinly sliced, garnished with parsley, with Horseradish-Dill Sauce.

Horseradish-Dill Sauce: Combine all ingredients. Refrigerate, covered, over night to blend flavors. Stir. This sauce may also be used as a dip or salad dressing.

Lucille Howell
Portland

HAWAIIAN CHICKEN DRUMETTES

16-24 pieces

2 pounds chicken wings
1/3 cup soy sauce
1/3 cup coconut syrup
1/3 cup thawed frozen orange juice concentrate

Preheat oven to 400°. Line a 10x16-inch baking sheet with foil.

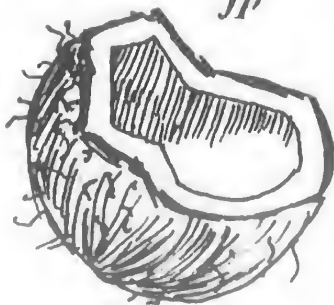
Cut off chicken wing tips and freeze for stock. Cut through joints to make two "drumettes" of each wing. Arrange in single layer on foil without crowding.

Combine remaining ingredients and pour half over chicken. Bake 15-20 minutes until brown. If chicken darkens too rapidly, reduce oven heat. Turn. Pour remaining sauce over chicken. Bake another 15-20 minutes until brown and cooked through.

Serve hot or at room temperature.



Gertrude Townsend
Portland



Chapter 2

Soups

BEEF SOUP WITH FARINA DUMPLINGS 6 servings

Soup:

1½ pounds beef shank, in
thick slices
1½ pounds shin bones, in
thick slices
1 carrot, scrubbed, but not
scraped
1 stalk celery or ¼-½ cup
chopped celery leaves
1 onion
1-3 parsley roots (optional)

2 teaspoons salt
dash black pepper
3 quarts water
¼-½ cup chopped parsley (optional)

Farina Dumplings:

1 cup regular farina
½ teaspoon salt
dash baking powder
dash nutmeg
2 large eggs, lightly beaten

Simmer all soup ingredients except parsley in a 6-quart kettle, partly covered, 4-5 hours, until meat pulls easily from bone. (Or pressure cook according to manufacturer's instructions.) Lift out meat, bones and vegetables. Skim off surface fat.

Peel carrot and optional parsley root. Dice all vegetables and return to stock with bone marrow. Discard fat and bones from meat. Reserve meat for another meal. Bring soup to a simmer.

Mix 1 cup farina, salt, baking powder and nutmeg. Stir in eggs. If necessary add just enough more farina for a mixture about the texture of drop cookie dough. Drop by teaspoonfuls into simmering soup. Cook, half-covered, about 15 minutes, until dumplings are fluffy and have nearly doubled.

Serve soup and dumplings topped with optional parsley.

Edith Minde
Portland

SOUP MIX

5 cups

2 cups $1\frac{1}{2}$ x $\frac{1}{8}$ -inch vegetable noodles, slightly broken
 1 cup green split peas
 1 cup yellow split peas
 1 cup lentils
 1 cup barley

Combine all ingredients. Store air-tight.

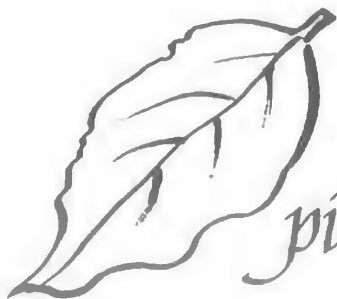
SOUP FROM SOUP MIX

4-6 servings

5-6 cups well-seasoned beef, chicken or turkey stock
 1 cup Soup Mix
 1 large onion, chopped
 1 bay leaf
 1 tablespoon celery seed
 dash garlic powder
 salt to taste
 black pepper to taste



Combine all ingredients in a 3-4 quart kettle.
 Simmer, partly covered, $1\frac{1}{2}$ -2 hours until vegetables are tender.



Jan Johnson
 Portland

piacevole

FLO'S HAMBURGER SOUP
 Featured at The Washington Street Cafe
 The Dalles
 12 servings

2 pounds ground beef
 1 large onion, thinly sliced
 $\frac{1}{2}$ head celery (including
 leaves), chopped
 1-2 cloves garlic, chopped
 2 quarts canned tomatoes
 1 quart water
 6 beef bouillon cubes
 1-2 large potatoes, diced

2-3 large carrots, chopped
 $\frac{1}{3}$ cup barley
 $1\frac{1}{2}$ teaspoons celery salt
 $1\frac{1}{2}$ teaspoons mustard seed
 $1\frac{1}{2}$ teaspoons freshly ground
 black pepper
 4-5 drops Tabasco Sauce
 2 cups diced green beans
 salt to taste

Heat a large, deep soup kettle over medium high heat. Crumble beef into it. Add onion, celery and garlic. Cook, stirring occasionally, until beef loses its pink color.

Add remaining ingredients except beans and salt. Bring to a simmer. Reduce heat to low. Simmer, partly covered, 1-1 $\frac{1}{2}$ hours, until barley is tender. Add beans and simmer until tender (about 10 minutes).

Add salt to taste, and, if desired, additional celery salt, mustard seed and pepper.

Flo Brock
 The Dalles



MULLIGATAWNY SOUP

4-6 servings

2 tablespoons oil	juice of $\frac{1}{2}$ lemon
1-2 medium onions, sliced	about $\frac{1}{2}$ cup light cream
1 tablespoon curry powder	salt to taste
3 cups light chicken broth	black pepper to taste
$\frac{1}{2}$ bay leaf	
3 tablespoons butter, softened	2 $\frac{1}{2}$ -3 cups hot cooked rice
3 tablespoons flour	lemon slices

Heat oil in a 2-quart saucepan over low heat. Add onions and cook, stirring occasionally, until a very pale straw color.

Stir in curry powder and cook 2-3 minutes more. Add broth and bay leaf. Simmer, partly covered, 10-15 minutes, until onions are very tender.

Mix butter and flour to a paste. Whisk in, in small bits. Simmer slowly, uncovered, 10 minutes, whisking occasionally.

Chill, covered, several hours to 2-3 days.

Shortly before serving, reheat, stirring frequently. Whisk in lemon juice and enough cream to thin soup to the consistency of whipping cream. Salt and pepper to taste. Heat only to a gentle simmer.

Ladle into warmed bowls. Serve with side dishes of hot rice garnished with lemon slices.



Dorothy George
London, England

LENTIL SOUP

8-10 servings

- | | |
|--|---|
| 1 pound Polish sausage, cut
in chunks | dash garlic powder |
| 1 pound sausage links | $\frac{1}{4}$ cup chopped parsley |
| 1 large onion, chopped | 6-8 drops Tabasco Sauce |
| 2 cups lentils | 3 carrots, sliced |
| 7 cups water | $1\frac{1}{2}$ -2 cups shredded Monterey
Jack cheese |
| 1 28-ounce can tomatoes | |

Brown Polish and link sausage in a heavy 6-8 quart kettle over medium high heat. Drain on paper towels. Cut into chunks. Reserve.

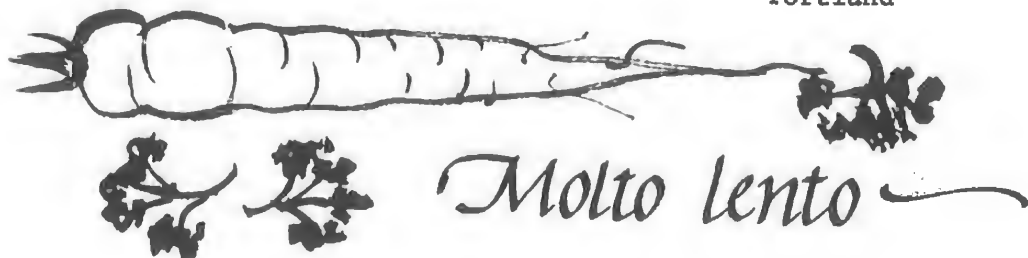
Reduce heat to medium low. Pour off fat except for $\frac{1}{4}$ cup. Add onion. Cook, stirring occasionally, until translucent. Return sausages to kettle with remaining ingredients except carrots and cheese.

Bring to a boil. Reduce heat to a simmer. Cook, covered, 45 minutes, until lentils are almost done.

Add carrots. Cook another 15-20 minutes until vegetables are tender. Skim off any excess fat.

Ladle into warm soup bowls and pass the cheese.

Kristen Tooley
Portland



MOTHER SILVA'S KALE SOUP
8-10 servings

1 1-gallon size bag fresh kale (or mustard greens)
1 large onion, chopped
1 15-ounce can California lima beans (or other dried beans)
2 cups coarsely chopped raw potatoes
1 pound Portuguese Linguica or Polish Kielbasa Sausage, sliced
water to cover
salt to taste
black pepper to taste

Cut off any tough stems from kale and chop coarsely.

Combine all ingredients except salt and pepper in a heavy 4-5 quart kettle or Dutch oven. Cover. Simmer 3 hours. Season to taste with salt and pepper.

This soup is best when made ahead and refrigerated a day or two.

Serve piping hot.

Lucy Rice
The Dalles



CLAM SOUP
3-4 servings

1 tablespoon Bertolli olive oil
1 medium onion, sliced
2 medium potatoes, diced
1 teaspoon salt
1/8 teaspoon black pepper
1/2 teaspoon basil
1 cup water
1 6½-ounce can minced clams
2 cups milk

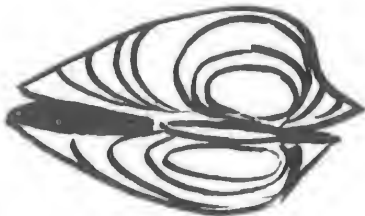


Heat olive oil in a heavy 2-quart saucepan over medium heat. Add onions and cook, stirring frequently, until translucent.

Add potatoes, salt, pepper, basil and water. Cover. Bring to a boil. Reduce heat to a simmer. Cook about 15 minutes until potatoes are tender, shaking pan occasionally.

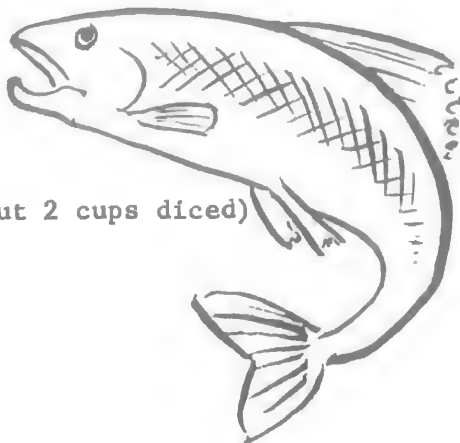
Add clams with their liquor and milk. Bring almost to a simmer over medium heat, stirring frequently.

Serve immediately.



Hazel DeLorenzo
Portland

SALMON CHOWDER
6-7 servings



6-7 large stalks and tops celery (about 2 cups diced)

1 large onion, chopped

3 medium large carrots, grated

2 medium large potatoes, diced

water (see instructions)

$\frac{1}{2}$ teaspoon basil

$\frac{3}{4}$ -1 teaspoon salt

1 13-ounce can evaporated milk

$1\frac{1}{2}$ -2 cups skinned, boned cooked fresh or canned*

salmon, broken into pieces

fresh milk (see instructions)

*1 1-pound can

Combine celery, onion, carrots and potatoes in a 3-4 quart saucepan. Add water barely to cover with basil and salt. Cover and simmer over medium low heat until vegetables are tender. (To pressure cook, bring to 5 pounds pressure. Bring pressure down at first jiggle.)

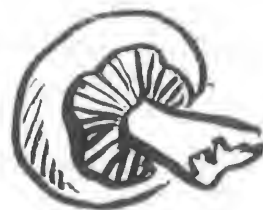
Stir in evaporated milk. Add salmon and enough fresh milk to thin soup to desired consistency. Heat just until small bubbles begin at edges.

Serve hot with cornbread.

Jackie Montagne
Sumner, Washington

HUNGARIAN MUSHROOM SOUP

4 servings



- | | |
|---|---|
| 1 cup chopped onions | 1 tablespoon Hungarian paprika |
| $\frac{1}{2}$ cup ($\frac{1}{2}$ stick) butter,
divided | 3 tablespoons flour |
| dash salt | 1 cup milk |
| 12 ounces fresh mushrooms,
sliced | 1 teaspoon salt |
| 2 cups chicken or beef stock,
or water, divided | black pepper to taste |
| 1 tablespoon soy sauce | 2 teaspoons fresh lemon juice |
| 1-2 teaspoons dillweed,
divided | $\frac{1}{2}$ cup dairy sour cream at
room temperature |
| | $\frac{1}{2}$ cup chopped fresh parsley |

Cook onions in 2 tablespoons butter in a large skillet over medium low heat until translucent. Salt lightly.

Increase heat to medium high. Add mushrooms and saute, stirring occasionally, until lightly browned.

Stir in $\frac{1}{2}$ cup stock or water, soy sauce, 1 teaspoon dillweed, and paprika. Cover and simmer 15 minutes.

Melt remaining butter in a heavy 3-quart saucepan over medium low heat. Whisk in flour until smooth. Whisk in milk. Cook, stirring frequently, about 10 minutes until thickened. Stir in mushroom mixture and remaining stock or water. Cover and simmer 10-15 minutes.

Just before serving, add salt, pepper, lemon juice, sour cream and, if desired, extra dillweed. Do not boil.

Serve garnished with parsley.



Mary Fax
The Dalles

BACHELOR'S QUICK POTATO CHEESE SOUP
2 servings



2 teaspoons butter
1 small onion, chopped
1 5-1/3 ounce can evaporated milk
1-1/3 cups water (2 milk cans full)
1/2 cup Instant Mashed Potato Flakes
4 ounces Velveeta or processed cheese, diced
1 teaspoon beef bouillon crystals

Melt butter in a 2-quart saucepan over low heat.
Stir in onion. Cook slowly until translucent.

Stir in remaining ingredients. Bring to a simmer,
uncovered, over medium heat, stirring until cheese melts.
Do not boil.

Off-heat, whisk or beat with a rotary beater until
smooth.

Frank Gesley
Eugene

Soup Savvy:

Freeze bones (including cooked) and trimmings for stock.

Although the scum which forms on stock-based soups is merely
elements from meats and vegetables, skim off for a more
attractive soup.

Make stocks and other soups that throw fat ahead, chill, and
lift off the solidified fat.

Make quick stock-based soups with canned broths; fresh, frozen or
cooked vegetables; cooked rice or noodles; and herbs.

Make quick cream of vegetable soups by combining 2 parts well-
seasoned light white sauce (1 tablespoon each butter and flour
to 1 cup milk) and 1 part cooked, pureed or finely chopped
vegetables, with an herb of choice.

Add salt and acids to bean soup only after beans are tender.

FRESH TOMATO SOUP

5-6 servings

2½ pounds tomatoes, cut up (about 8-10 medium)	2 tablespoons flour
1/8 teaspoon crumbled rosemary	½ teaspoon paprika
1/8 teaspoon whole thyme	½ teaspoon sugar
3 cups water	salt to taste
2½ tablespoons butter or olive oil	about 1/3 cup sour cream
1 teaspoon finely chopped onion	about 3 tablespoons minced parsley

Simmer tomatoes, herbs and water in a 2-quart saucepan, partly covered, 15-20 minutes. Pass through a food mill. (Or peel and seed tomatoes before cutting up. Puree. If more texture is desired, omit first step.)

Meanwhile, heat butter or olive oil in a 2½-3 quart saucepan over low heat. Add onion and cook until translucent. Stir in flour and paprika. Whisk in tomato stock.

Simmer, uncovered, 20 minutes, stirring occasionally. Stir in sugar with salt to taste.

Ladle into soup bowls. Garnish with sour cream sprinkled with parsley.



Edith Minde
Portland

QUICK TOMATO SOUP
2 servings

1 can tomato soup, prepared to can instructions
1-1½ teaspoons instant beef bouillon granules, to taste

Stir bouillon granules into hot soup. Serve in mugs.

Susan Rijsma
The Hague

KULTA VELLIA
Finnish Gold Soup

1 cup dried apricots
1 cup dried pitted prunes
1 cup raisins
2 peeled, cored cooking apples, cut in 1½-inch cubes
¾-1 cup sugar, to taste
2½ quarts water
2 tablespoons bottled lemon juice
1 tablespoon cider vinegar
1 1-inch piece of stick cinnamon
3 tablespoons Instant Tapioca

Simmer all ingredients except tapioca, covered, in a 4-6 quart kettle about 20 minutes, until prunes are tender.

Stir in tapioca and cook, stirring, until transparent and thickened.

Serve warm or chilled.

Variations: Fruit juices can be used in place of all or part of the water. Other dried or fresh fruits may be added or substituted. Reduce cooking time for fresh fruits.



Dolce

Frances Stevens
Portland

Chapter 3

Seafood

SOUTH AMERICAN RED SNAPPER CASSEROLE 6-8 servings

- | | |
|--|---|
| 2 tablespoons olive oil | $\frac{1}{2}$ teaspoon black pepper |
| $\frac{1}{2}$ cup sliced onions | $\frac{1}{2}$ teaspoon dry mustard |
| 3 cups mashed drained canned tomatoes | $\frac{1}{8}$ teaspoon cayenne |
| 2 cloves garlic, chopped | 1 tablespoon paprika |
| $\frac{1}{2}$ cup diced celery | 1 tablespoon Worcestershire Sauce |
| 1 cup hot stock or consomme | 2 bay leaves |
| $\frac{1}{2}$ cup pitted ripe olives, cut up | 1 cup red wine |
| 2 tablespoons chopped parsley | 3 pounds red snapper fillets in serving size pieces |
| $1\frac{1}{2}$ teaspoons salt | |

Heat oil in a 10-inch skillet over medium low heat. Add onions and cook slowly, stirring occasionally, until pale straw colored. Add remaining ingredients except wine and fish. Simmer, covered, 25-30 minutes, stirring occasionally. Add wine.

Preheat oven to 350°. Grease a 9x13-inch baking dish.

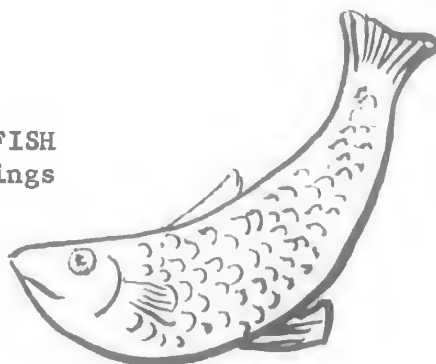
Arrange fish in baking dish. Pour sauce over. Bake 30-40 minutes, just until fish flakes with a fork.

This dish is even better made ahead and reheated.



CRUNCHY FISH

4-6 servings



2½ tablespoons margarine
 2½ tablespoons oil
 2 eggs
 1 tablespoon milk
 1 cup Crunchy Coating Mix (see Index)
 1½ pounds boneless fish fillets, cut in
 serving size pieces

Preheat oven to 500°. Melt butter with oil in a 10x15-inch baking pan in the heating oven. Remove promptly.

Beat eggs and milk together. Measure Crunchy Coating Mix in a shallow dish. Dip fish in egg wash, shaking off excess. Coat generously with Coating Mix. Arrange pieces in baking pan, turning to coat with butter mixture.

Bake 7-10 minutes or until fish flakes. Drain on paper towels.

Kristen Tooley
 Portland

Seafood Sagacity:

Salt hands when handling slippery fish.

Lemon, vinegar or wine in poaching liquids help keep fish firm. Overcooked seafood falls apart or becomes tough and stringy.

Consider it a true "fast food".

When cooking whole fish by any method, allow 10 minutes per inch of thickness at the thickest part.

Use a small crab claw to dig out meat from crab legs.

To de-sand clams and mussels, scrub thoroughly. Cover with salted water and add a handful of cornmeal. Let stand several hours to overnight in a cool place. Rinse well.

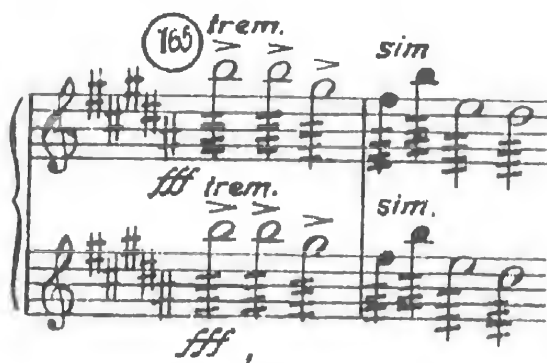
ROCKFISH FILLETS HARVE 2-3 servings

1 pound rockfish fillets
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon MSG
 $\frac{1}{4}$ - $\frac{1}{3}$ cup flour or cracker crumbs
2 tablespoons butter
 $\frac{1}{2}$ cup drained canned mushrooms
1 cup dairy sour cream at room temperature
1 tablespoon flour

Dry fillets with paper towels. Season with salt and MSG. Coat with flour or cracker crumbs.

Heat butter in a large skillet over medium heat until lightly browned. Add fillets. Brown both sides. Off-heat, sprinkle with mushrooms. Allow to cool slightly. Mix 1 tablespoon flour into sour cream. Pour over top.

Simmer very slowly, uncovered, 5-10 minutes until fish flakes with a fork and sauce is hot. Do not boil, or sour cream may curdle.

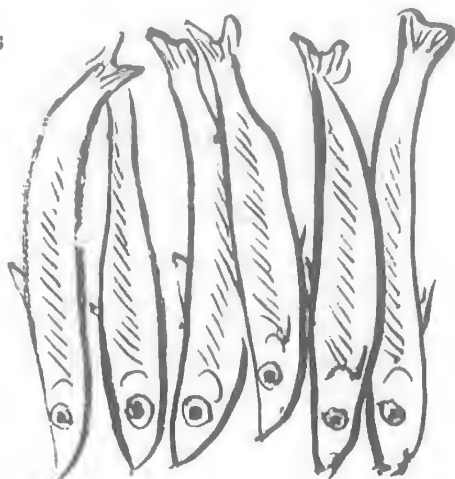


Gertrude Townsend
Portland

Con Sordino

BAKED SMELT
3-4 servings

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter
 $\frac{1}{8}$ teaspoon onion powder
 $\frac{1}{3}$ cup flour
 $\frac{1}{2}$ teaspoon salt
dash black pepper
2 large eggs
2 teaspoons water
18 medium cleaned smelt
 $\frac{2}{3}$ -1 cup dry breadcrumbs
dash salt
1 large lemon, cut in wedges



Preheat oven to 375°. Grease a 9x13-inch baking dish.

Melt butter with onion powder. Set aside.

Combine flour, $\frac{1}{2}$ teaspoon salt and pepper. Beat egg with water.

Coat smelt with flour mixture. Dip in egg wash, then coat with breadcrumbs. Pat crumbs in. Arrange in a single layer in the baking dish. Drizzle butter mixture over fish. Sprinkle with additional salt to taste.

Bake, uncovered, without turning, about 15-20 minutes until brown, and fish is opaque to the bone and flakes with a fork.

Garnish with lemon wedges.

Anne Howell
Longview, Washington

PENTOLA DI PESCE
(ITALIAN FISH STEW)

6-8 servings

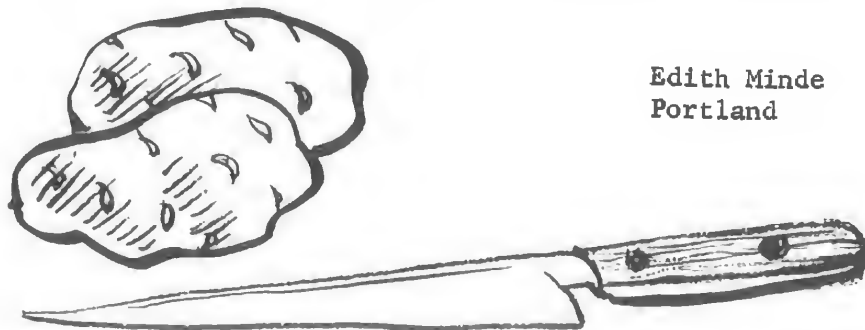
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|--|---|
| $\frac{1}{2}$ cup butter or margarine | 2 potatoes, in $\frac{1}{2}$ -inch cubes |
| $1\frac{1}{2}$ pounds cod, haddock or similar fish fillets, cut in 2-inch pieces | 1 bay leaf |
| 3 medium onions, thinly sliced | 1 teaspoon salt |
| 1 clove garlic, chopped | $\frac{1}{8}$ teaspoon black pepper |
| 1 medium stalk celery, chopped | $\frac{1}{2}$ teaspoon basil |
| 4 medium tomatoes, diced | 1 quart water |
| 1 carrot, diced | $1\frac{1}{3}$ - $\frac{1}{2}$ cup minced parsley |

Heat half the butter in a skillet over medium high heat. Dry fish well on paper towels. Brown on both sides. Set pan aside.

Meanwhile, heat remaining butter in a 3-4 quart soup pot over medium low heat. Add onions, garlic and celery. Cook, stirring occasionally, until onions are translucent. Stir in remaining ingredients except parsley and fish.

Bring to a boil. Skim. Reduce heat and simmer, partly covered, about 20 minutes, until vegetables are tender. Add fish and pan juices. Cook just until fish is heated through and flakes with a fork. Do not overcook.

Ladle into warm soup bowls. Sprinkle with parsley.



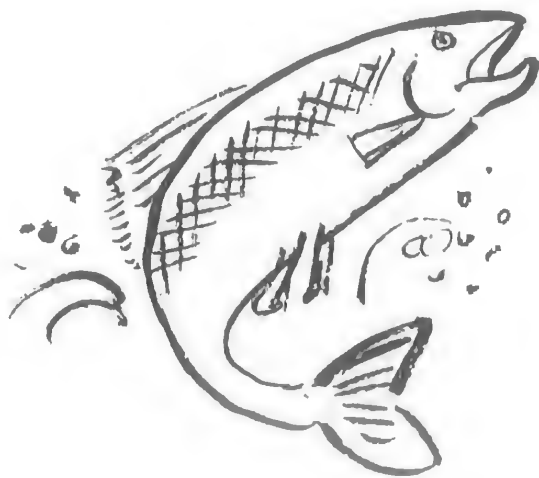
Edith Minde
Portland

LOKI MOJOKKA
(FINNISH SALMON STEW)
4-6 servings

6 medium potatoes, cut in 6 pieces each
1 medium onion, cut in small chunks
1 small bay leaf
4-5 whole allspice
water to cover
1 7-3/4 ounce can red salmon, skin and bones removed,
 broken in large chunks
1/3 stick butter, sliced
salt to taste

Boil potatoes, onions, bayleaf and allspice in a covered 2-quart saucepan with water to barely cover over medium high heat 15-20 minutes until potatoes are nearly done.

Add salmon, butter and salt to taste. Reduce heat to a simmer and cook, covered, 5-10 minutes until potatoes are tender and salmon is hot.



Frances Stevens
Portland

OREGON CLAM FRITTERS

6-8 fritters

- | | |
|---|--|
| 2 eggs, lightly beaten | $\frac{1}{4}$ teaspoon garlic powder |
| 3 $6\frac{1}{2}$ -ounce cans minced or
chopped clams, well-drained | 2 cups coarsely crushed
cornflakes |
| $\frac{1}{4}$ cup chopped onion | 2-3 tablespoons butter or
margarine |
| $\frac{1}{8}$ teaspoon dillweed | |

Thoroughly mix all ingredients except butter or margarine. Form into $\frac{1}{2}$ -inch thick patties.

Heat butter or margarine to coat bottom in a 10-12 inch skillet over medium heat. Fry patties slowly until deep golden brown on both sides.

Variation: Use for Clamburgers.



Vera Brown
Forest Grove

CLAM FRITTERS
4-6 servings

- | | |
|---|---|
| $\frac{1}{2}$ - $\frac{2}{3}$ cup flour | *3 tablespoons milk |
| 1 teaspoon baking powder | 2 cups ground fresh clams or
well-drained canned clams |
| $\frac{1}{4}$ teaspoon salt | 1-2 tablespoons bacon grease |
| 2 eggs | |

*Reduce slightly for canned clams

Fork-stir and fluff $\frac{1}{2}$ cup flour, baking powder and salt. Beat eggs and milk together and stir in. Add clams, with additional flour if necessary, for a workable batter.

Heat a 10-inch skillet over medium high heat with enough bacon fat to coat bottom. Drop batter in by tablespoonfuls, separated. Brown, turning once.

Lesley Sibley
St. Helens

CRAB WAVECREST

2-3 servings

$1\frac{1}{2}$ cups packed cooked crab meat
 (1 2-pound Pacific crab)
 $1-1\frac{1}{2}$ tablespoons drained pimentos
 $1-1\frac{1}{2}$ tablespoons chopped green olives
 $1-1\frac{1}{2}$ tablespoons chopped fresh chives
 $\frac{1}{2}$ cup mayonnaise
 1 tablespoon bottled chili sauce
 $\frac{1}{2}$ teaspoon Worcestershire Sauce
 3-4 drops Tabasco Sauce
 salt to taste
 1 green olive per serving
 paprika
 2-3 tablespoons coarsely chopped fresh parsley



Preheat oven to 350°. Butter 2 6-ounce or 3 4-ounce shells, small casseroles or custard cups.

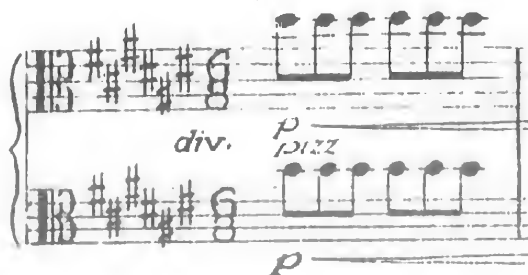
Mix all ingredients except whole olives, paprika and parsley. Divide among bakers. Decorate each with an olive. Sprinkle with paprika.

Bake 20 minutes. Sprinkle with parsley.

Serve with garlic bread and a tossed salad.

⑨ *Tempo giusto* *pizz.*

Ann Parker
Portland



DEVILLED OYSTERS

3 servings

3 tablespoons butter	$\frac{1}{2}$ teaspoon whole thyme
1 small onion, finely chopped	$\frac{1}{2}$ teaspoon dry mustard
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{4}$ teaspoon black pepper
1 10-ounce jar fresh oysters, drained (reserve liquor)	1 teaspoon Worcestershire Sauce
$\frac{1}{4}$ cup white wine	2 tablespoons butter, melted
1-2 tablespoons minced parsley	about $\frac{1}{2}$ cup fresh bread crumbs
2-3 tablespoons minced celery	

Preheat oven to 375°. Butter 3 6-ounce shells or shallow baking dishes.

Heat 3 tablespoons butter in a 1-quart saucepan over medium low heat. Add onion and cook, stirring occasionally, until translucent. Stir in flour. Whisk in milk and oyster liquor. Simmer, uncovered, stirring occasionally, 5 minutes. Stir in wine.

Meanwhile, cut oysters into small bite-sized pieces. Add with remaining ingredients except melted butter and crumbs, mixing well. Turn into buttered shells. Combine melted butter and crumbs and sprinkle over top.

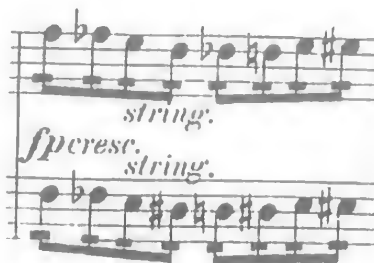
Bake 10-15 minutes until bubbling.

Variations: Add 1 tablespoon lemon juice. Sprinkle tops with 2-3 slices crisp, well-drained bacon, crumbled.



Betsy Belles
Cupertino, California

SHRIMP CREOLE
6 servings



3 quarts water
2 tablespoons salt
1 large lemon, sliced
3 pounds large shrimp, shelled and deveined
1 14-ounce bottle catsup (1 cup plus 3 tablespoons)
 $\frac{1}{2}$ cup chili sauce
1 12-ounce bottle seafood cocktail sauce (1 cup)
2 green peppers, finely chopped
1 large onion, finely chopped
dash salt
dash black pepper
dash Tabasco Sauce
 $\frac{1}{2}$ cup (1 stick) chilled butter, sliced
 $\frac{1}{4}$ cup water

Bring water, salt and lemon to a boil in a 6-8 quart kettle, covered. Drop in shrimp. Simmer, covered, 2-4 minutes, just until shrimp begin to turn pink. Drain. Discard lemon. Cut shrimp into chunks.

Meanwhile, combine remaining ingredients except butter and the $\frac{1}{4}$ cup water in a 2-quart saucepan. Simmer over medium low heat, partly covered, until ready to use.

Preheat oven to 300°. Grease a 9x13-inch baking dish.

Turn shrimp into baking dish. Pour sauce over. Drizzle water around edges to prevent sticking. Scatter butter over top.

Bake 30-45 minutes.

Serve over rice. This also makes a good buffet dish.

Loyal L. Lukes
Oxon Hill, Maryland

SHRIMP ENTERPRISE
4-5 servings

½ cup (1 stick) butter
24 jumbo shrimp, unshelled
½ cup olive oil
1 teaspoon salt
black pepper (see instructions)
1/3 cup chopped garlic
1 onion, thinly sliced
1 green pepper, thinly sliced



Melt butter and set aside.

Arrange unshelled shrimp in touching rows on a small rimmed baking sheet. Pour butter and olive oil over them. Sprinkle with salt, then heavily with black pepper. Scatter garlic over top. Seal with plastic wrap and refrigerate 3 hours.

Preheat broiler. Scatter onion and green pepper over shrimp.

Broil 3-4 inches from heat 5 minutes. Turn. Broil another 5 minutes.

Serve shrimp in shell.

Loyal L. Lukes
Oxon Hill, Maryland

Prestissimo

FRATORITY BRUNCH SANDWICHES
4 servings

1 cup cooked crab, lobster or diced shrimp
1 tablespoon grated onion
2 tablespoons finely chopped celery
2 teaspoons lemon juice
dash salt
dash black pepper
2 drops Tabasco Sauce
about $\frac{1}{2}$ cup mayonnaise, divided
4 frankfurter buns



Preheat oven to 375°. Set out a small baking sheet.

Combine shellfish, onion, celery, lemon juice, salt, pepper and Tabasco. Mix in enough mayonnaise to moisten well.

Split buns. Spread with mayonnaise. Fill with shellfish salad. Press together. Wrap each in waxed paper, using a "drugstore fold". Turn ends under and set in a single layer in pan.

Bake 20 minutes, until piping hot. Serve still wrapped.

Variations: Substitute chicken, tuna, egg, corned beef, or similar mayonnaise-based salads. When making a variety for a crowd, code varieties by inserting colored toothpicks before baking.

Gertrude Townsend
Portland

Chapter 4

Poultry

CHICKEN L'ORANGE 3-4 servings



- 1 2½-3 pound chicken, cut up and skinned
- 2 tablespoons frozen orange juice concentrate
- 2 teaspoons soy sauce
- 1 teaspoon salt (optional)
- ½ teaspoon ground ginger

Preheat oven to 350°. Grease a 9x13-inch baking dish.

Arrange chicken in baking dish, bone side down. Combine remaining ingredients and drizzle over chicken.

Bake about 1 hour.

Microwave Directions: Place chicken in baking dish, bone side up. Cover with waxed paper. Cook on High Power 10 minutes. Drain juices. Turn chicken, recover with waxed paper, and cook on High Power for another 5 minutes. Remove from microwave. Drain any juices. Cover chicken with orange juice mixture, omitting salt. Microwave on High an additional 2-3 minutes, until done. Add salt to taste if desired. (Total cooking time 17-20 minutes, depending on oven.)

Janet Kaza
Portland

molto dolce espressivo

CRUNCHY CHICKEN

4 servings

2½ tablespoons margarine
2½ tablespoons oil
2 eggs
1 tablespoon milk

1 cup Crunchy Coating Mix
(see Index)
1 2½-pound frying chicken,
cut up

Preheat oven to 400°. Melt butter with oil in a 10x15-inch baking pan in the heating oven. Remove promptly.

Beat eggs and milk together. Dry chicken with paper towels. Dip in egg wash, shake off excess, then coat generously with Coating Mix. Arrange pieces in pan, skin-side down, turning to coat with butter mixture.

Bake 1 hour, turning once, until coating is crisp and chicken tender. Drain on paper towels.

Kristen Tooley
Portland



LEMON BAKED CHICKEN

3-4 servings

1 2½-3 pound frying chicken,
cut in serving pieces
juice of 1 lemon

½ teaspoon salt
1/8 teaspoon black pepper

Preheat oven to 475°.

Trim chicken of excess surface fat. Arrange in a single layer in 2 ungreased 8x8-inch square oven glass baking dishes, skin side up. Drizzle evenly with lemon juice. Season with salt and pepper.

Bake, uncovered, without turning, 25-30 minutes until golden brown and tender.

Hazel DeLorenzo
Portland

SUNDAY CHICKEN

3-4 servings

Chicken:

1/3- $\frac{1}{2}$ cup rendered ham fat
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon black pepper
 1 3-4 pound frying chicken,
 cut up

Country Milk Gravy:

3 tablespoons fat from
 chicken
 *1/3 cup flour
 $1\frac{1}{2}$ cups rich milk
 $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon salt
 black pepper to taste

*Include any left over from first flour measure.

Chicken:

Heat about $\frac{1}{4}$ -inch ham fat in a 10-12 inch skillet over medium high heat. Mix flour, salt and pepper. Coat chicken with flour mixture. Arrange in hot fat, skin-side down, omitting breast pieces. Cook 15-20 minutes on each side, adding breasts after about 10 minutes, until brown and tender. Adjust heat and add additional fat as necessary. Turn chicken only with tongs.

Drain well on paper towels. Keep warm in a low oven while making gravy. Serve with gravy and fluffy mashed potatoes.

Gravy: Pour off fat except 3 tablespoons. Over medium low heat, stir in flour. Immediately whisk in milk, bringing up all the brown bits. Add salt and pepper to taste. Simmer, uncovered, 10 minutes, stirring occasionally. Thin with extra milk if gravy thickens too much.



Louise Howell
 Portland

BREAST OF CHICKEN PAPRIKA 6 servings

3 large chicken breasts, halved and skinned	1 tablespoon catsup
$\frac{1}{4}$ cup oil	2 teaspoons Hungarian paprika
1 cup chopped onion	$1\frac{1}{4}$ teaspoons salt
$\frac{1}{2}$ large green pepper, chopped	dash white pepper
$1\frac{1}{2}$ cups uncondensed chicken broth	1 cup dairy sour cream at room temperature
$\frac{1}{2}$ cup white wine	3 tablespoons flour

Dry chicken thoroughly with paper towels. With scissors, trim off any fat and ragged edges to make neat ovals.

Heat oil in a 12-inch skillet over medium high heat. Add chicken, bone-side up. Cook only to a pale gold on both sides. Do not brown. Remove chicken. Reduce heat to medium low.

Pour off fat except for thin coating on bottom of pan. Add onion and green pepper and cook slowly, stirring occasionally, until onions are translucent.

Add broth, wine, catsup and paprika. Bring to a boil, stirring. Reduce heat to a simmer. Add chicken. Sprinkle with salt and pepper. Cover. Simmer over low heat 15-20 minutes just until chicken is opaque to the bone. Remove and keep warm.

Reduce heat to low. Stir flour into sour cream. Stir a little of the stock into it to warm it, then whisk into pan. Cook over very low heat 4-5 minutes until thickened, stirring frequently. Do not let boil, or sour cream may curdle.

Return chicken to sauce and turn to glaze. Serve immediately with noodles or rice.



Lucille Howell
Portland

CUBAN ARROZ CON POLLO
(RICE WITH CHICKEN)
3-4 servings

- | | |
|--|--|
| 1 3-3½ pound frying chicken,
cut up | 1 bayleaf |
| juice of 3 limes | 3-4 tablespoons oil |
| 1 large onion, sliced | ½ cup red wine vinegar |
| 3-4 green peppers, cut in
½-inch squares | ½ cup light rum |
| 6-8 green olives, sliced | 1 cup stale Hatury or other
dark beer |
| 2-3 tablespoons capers, rinsed,
drained and dried | 1 6-ounce can tomato paste |
| 2 tomatoes, peeled, seeded and
cubed | 1 teaspoon salt |
| 5 garlic cloves, crushed | dash black pepper |
| 1/8 teaspoon whole thyme | ½-1 cup hot water |
| | 1 cup converted rice |
| | 1 2-ounce jar sliced
pimentos, well-drained |

Arrange chicken pieces in a shallow baking dish. Drizzle with lime juice. Combine next 8 ingredients and pour over chicken. Cover and let stand at room temperature 1 hour.

Heat oil in a 4-quart Dutch oven over medium high heat. Drain chicken, reserving marinade, and dry thoroughly on paper towels. Brown on all sides, turning frequently.

Add vinegar and rum. Cook 3-4 minutes to reduce, turning chicken occasionally. Add beer and marinade. Reduce heat to medium and cook, uncovered, 5-10 minutes until reduced. Stir in tomato paste, salt, pepper, and just enough water to cover chicken. Bring to a boil. Stir in rice. Cover. Reduce heat to a simmer.

Cook about 25 minutes until chicken is tender and rice has absorbed liquid. If rice becomes too dry, add a little more beer or water.

Garnish with pimentos. Serve with Frititos Angela (see Index).

Angela Wortham
Buenos Aires, Argentina

CHICKEN-BROCCOLI DINNER
4-6 servings

- *3 chicken breasts, halved, cooked until almost tender, and skinned and boned
- 1 quart fresh broccoli cut in 1-2 inch pieces, or 3 10-ounce packages frozen cut broccoli, partly thawed
- 1 can cream of chicken or mushroom soup
- $\frac{1}{2}$ cup mayonnaise
- $\frac{3}{4}$ cup shredded sharp Cheddar cheese
- $\frac{3}{4}$ teaspoon lemon juice
- dash curry powder

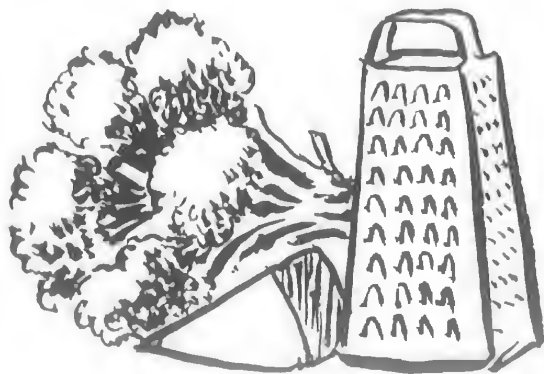
*legs, thighs and halved breast of 1 frying chicken may be substituted

Prepare chicken and set aside.

Preheat oven to 325°. Oil a 10x10-inch square baking dish.

Place broccoli in bottom of baking dish. Arrange chicken on top. Mix remaining ingredients and pour over chicken. (May be prepared ahead to this point and refrigerated.)

Cover loosely. Bake 1 hour 15 minutes until broccoli and chicken are tender.



Lcilani Montagne
Summer, Washington

DIRTY RICE 5-6 servings

- | | |
|---|--|
| ½ pound chicken gizzards
(about 4), very finely
chopped | 1 large green pepper, chopped |
| ½ pound chicken livers
(7-9), coarsely chopped | 1 medium stalk celery, chopped |
| 5 tablespoons butter, divided | 1/16 teaspoon Tabasco Sauce |
| 1 medium onion, chopped | black pepper to taste |
| 1 large clove garlic, chopped | 1 cup converted rice |
| | 1 teaspoon salt |
| | 2½ cups boiling uncondensed
chicken broth |

Preheat oven to 350°. Butter a 1½-quart casserole.

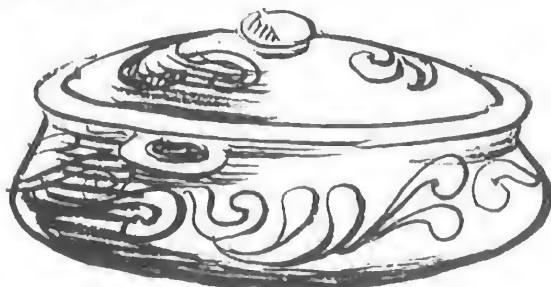
Dry gizzards and livers well before chopping.

Heat 2 tablespoons butter in a 9-inch frying pan over medium high heat. Add giblets and brown, tossing frequently. Reduce heat to low. Add 1 tablespoon butter, onion, garlic, green pepper and celery. Cook slowly until onions are translucent, stirring occasionally. Stir in Tabasco and pepper.

Meanwhile, combine rice, salt and boiling water in the casserole. Bake, covered, 15 minutes. Stir in giblet mixture. Recover. Bake another 10-15 minutes until rice is tender and all liquid has been absorbed.

Let stand off-heat 5 minutes. Add remaining 2 tablespoons butter and fluff with a fork.

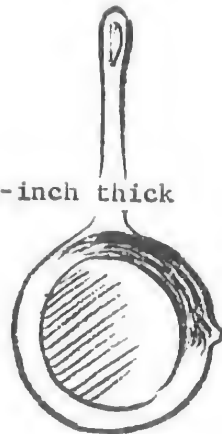
Variation: Use to stuff poultry.



Lucille Howell
Portland

TURKEY SCALLOPINE 6 servings

- 1 tablespoon oil
- 1 tablespoon butter
- *2-3 tablespoons chopped shallots
- 6 4-6x3-inch turkey breast cutlets about $\frac{1}{4}$ -inch thick
- $\frac{1}{2}$ teaspoon celery seed
- about $\frac{1}{4}$ cup flour
- $\frac{1}{8}$ teaspoon salt
- dash black pepper
- $\frac{1}{3}$ cup wine
- 2-3 teaspoons beurre mainié (see Index)
- 1-2 tablespoons minced parsley (optional)



*Substitute white part of green onions with a slice of garlic.

Heat oil and butter in a 10-12 inch skillet over medium low heat. Stir in shallots. Cook slowly, stirring occasionally, until translucent.

Meanwhile, sprinkle one side of turkey pieces with celery seed. Flatten to about $\frac{1}{8}$ inch thickness between waxed paper sheets. Coat with flour, shaking off excess.

Increase pan heat to medium high. Brown both sides turkey (6-8 minutes total), seasoning browned side with salt and pepper to taste. Drain on paper towels. Arrange on a hot serving dish. Keep warm.

Add wine to pan. Bring to a boil, stirring up brown bits. Reduce heat. Whisk in beurre manié. Simmer 5 minutes.

Pour sauce over scallopine. Sprinkle with optional parsley. Serve immediately.

Louise Garrels
Portland

BRAISED MALLARD DUCKS
6 servings

3-4 tablespoons oil
2 mallard ducks (about 3 pounds each) skinned and cut up
1-1½ cups flour
1 clove garlic, chopped
1 large onion, chopped
1 cup chopped celery
1 cup diced carrots
about 2 cups hot water
1½ cups catsup
2 tablespoons Worcestershire Sauce
2 teaspoons salt
¼ teaspoon black pepper
¼ cup ripe olives, sliced



Preheat oven to 350°. Grease a 4-quart casserole.

Heat oil in a large skillet over medium high heat. Coat duck pieces with flour. Brown on all sides. Transfer to casserole. Reduce heat to medium low.

Add garlic, onion, celery and carrots to skillet. Cook slowly, stirring occasionally, until onions are translucent. Scrape over duck.

Combine 2 cups hot water with remaining ingredients and pour over duck. Add additional hot water, if necessary, to just cover duck. Cover.

Bake about 2 hours, until duck is fork-tender. Skim any excess fat from top.

Serve over rice.

Edward L. Howell
Longview

WILD GOOSE BREAST
4-6 servings

The wild geese had flown by the time this recipe arrived, so it has not been independently tested. Prepared this way, goose resembles venison.

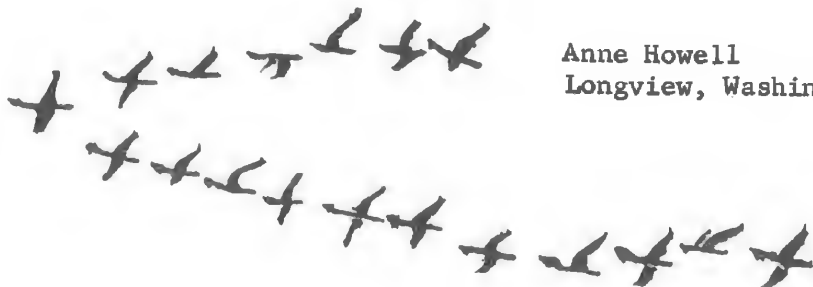
1 skinned and boned wild goose breast
 $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter
1 tablespoon oil
 $\frac{3}{4}$ cup flour
 $\frac{1}{8}$ teaspoon garlic powder
1 teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper

Preheat oven to 275°. Set out a medium baking sheet.

Slice goose breast $\frac{1}{4}$ -inch thick. Flatten to about $\frac{1}{8}$ -inch thickness.

Heat butter and oil in a large skillet over medium high heat. Combine remaining ingredients and coat goose cutlets. Shake off excess.

Cook quickly, a few at a time, until opaque through and brown on both sides. Transfer to baking sheet and keep warm in oven while cooking remainder.



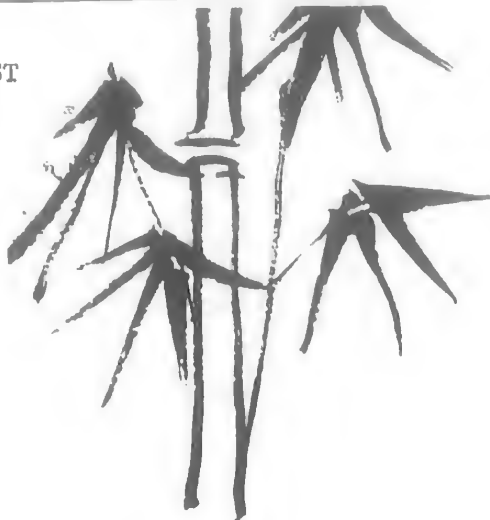
Anne Howell
Longview, Washington

Chapter 5

Beef

PEKING BUFFET ROAST 12-16 servings

3-5 pound beef brisket or rump
2-3 cloves garlic, cut in slivers
1 cup red wine vinegar
2 tablespoons shortening
2 cups hot black coffee
2 cups hot water
 $\frac{1}{2}$ cup gin (optional)
salt to taste
black pepper to taste



Cut deep slits in beef. Insert garlic slivers. Place in a non-metallic bowl and pour vinegar over. Cover and refrigerate 1-2 days, turning occasionally. Drain, discarding vinegar. Dry beef well.

Heat shortening in a heavy 4-quart Dutch oven or kettle over medium high heat. Deep brown all sides. Reduce heat to low.

Add coffee, water and optional gin, and stir up brown bits. Cover. Simmer slowly 6 hours. 20 minutes before finishing, add salt and pepper to taste.

Chill. Slice thinly. Serve as a buffet main dish.

Lois Pope
Portland

ITALIAN FLANK STEAK

6 servings

1 1½-2 pound flank steak, diamond-scored
 1 teaspoon salt
 black pepper to taste (optional)
 about ½ cup flour
 2 tablespoons lard or oil
 3 cloves garlic
 ½ cup oil
 4 whole cloves
 2 tablespoons lemon juice
 2 cups boiling water



Preheat oven to 350°.

Season steak with salt and optional pepper. Coat with flour.

Melt lard or oil in a 10-inch skillet or 8x10-inch roasting pan over medium high heat. Brown steak on both sides. Add remaining ingredients, stirring up brown bits.

Bake, covered, 2 hours, until tender.

Betty Lampman
 Parkdale

Meat Mastery:

Most of the flavor of meats is in the marbelling of fat.

Dry meats thoroughly before browning, broiling or pan broiling, or they will stew rather than brown, and are more apt to stick to the pan. A light coating of flour may help for some thawed frozen meats, and also protects delicate meats.

Overcooking dries and toughens meat.

Cold liquid added to hot meat may toughen it.

If you want juices and flavor in boiled meats, start in boiling liquid; if in the stock, start in cold.

NA-SHUN-NGOW-YOK
(Stir-Fried Beef and Asparagus)
4 servings

4 tablespoons oil
 $\frac{1}{2}$ teaspoon salt
 dash black pepper
 dash MSG
 1 pound flank or top round
 steak, cut in $1/8 \times 1\frac{1}{2}$ -
 inch strips
 1/3 cup beef broth

2-3 tablespoons chopped onion
 1 clove garlic, finely chopped
 2 cups $\frac{1}{2}$ -inch diagonally sliced
 fresh or frozen asparagus
 1/3 cup chopped water chestnuts
 1/3 cup chopped fresh mushrooms
 1/3 cup water
 1 tablespoon cornstarch

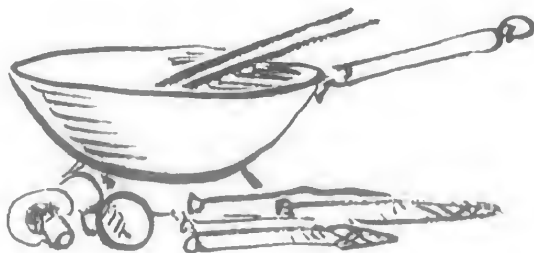
Heat a 10-inch skillet over high heat. Add and heat oil, salt, pepper and MSG. Add beef and stir-fry until browned. Reduce heat to medium.

Stir in broth, onion and garlic. Cover tightly and cook 5-6 minutes until tender.

Stir in asparagus, water chestnuts and mushrooms. Cook 1-2 minutes.

Dissolve cornstarch in water, stir in and bring to a boil, stirring. Cook, stirring constantly, over high heat 1-2 minutes, until sauce is thickened and clear. Do not overcook or sauce will thin. When using frozen asparagus it may be necessary to add a little extra dissolved cornstarch.

Serve immediately with hot rice.



Maxine Melrose
 Stevenson, Washington

SZEGEDIN GOULASCH
(A Hungarian Goulash)
 4 servings

2-3 tablespoons oil
 6-7 medium onions, thickly sliced (3-4 cups)
 1 pound stewing beef, cut in $1\frac{1}{2}$ -inch cubes
 2 tablespoons paprika
 1 teaspoon caraway seed
 1 1 pound 13 ounce can sauerkraut (about $3\frac{1}{2}$ cups)
 1 pint dairy sour cream

Heat oil in a 4-quart Dutch oven over medium low heat. Add onion and cook slowly, stirring occasionally, until a very pale straw color. Increase heat to medium.

Add beef, paprika and caraway. Brown slowly, turning frequently.

Stir in sauerkraut. Reduce heat to a simmer. Cook slowly, covered, $1\frac{1}{2}$ -2 hours, until meat is tender (or pressure cook according to manufacturer's instructions).

Serve with noodles or boiled potatoes in jacket. Pass sour cream.



Edith Minde
 Portland

52 Noch schneller.



SICILIAN BEEF ROLLS

8 servings

Basic Sicilian Tomato Sauce:

1 1 pound-13 ounce can tomatoes
 1 12-ounce can Italian tomato
 paste
 1 bay leaf
 $\frac{1}{2}$ teaspoon sugar
 4 $\frac{1}{2}$ cups water



Rolls:

1 2-2 $\frac{1}{2}$ pound round steak cut
 $\frac{1}{2}$ inch thick
 1 hard cooked egg, finely
 chopped

1 clove garlic, finely
 chopped
 1 teaspoon basil, crushed
 $\frac{1}{2}$ teaspoon whole thyme,
 crushed
 $\frac{1}{2}$ teaspoon whole marjoram,
 crushed
 1 tablespoon fresh parsley,
 minced
 $\frac{1}{2}$ cup bread crumbs
 1-2 tablespoons Bertolli
 olive oil
 1 teaspoon salt

Simmer all sauce ingredients in a 6-8 quart kettle, uncovered, while preparing remaining ingredients.

Remove bone and outside fat from round steak and section along membranes, making pieces of about 2x3 inches. Flatten to $\frac{1}{4}$ -inch thickness.

Combine remaining ingredients. Put 2 teaspoonfuls on each steak piece. Fold over to make small rolls and secure with string, toothpicks or skewers.

Place in sauce and simmer, uncovered, 2 $\frac{1}{2}$ hours, until rolls are tender and sauce is thick, stirring occasionally. The rolls will brown in the sauce.

Serve sauce over spaghetti or other pasta as a separate course. Serve beef rolls, fasteners removed, with vegetables and a green salad as a main course.

Vita DiLorenzo
 Brooklyn, New York

BETTY'S BEEF ROLLS 5-6 servings



- | | |
|---|-------------------------------------|
| 2-2½ pounds beef round
(top or whole), cut
½ inch thick | dash basil, crushed |
| *½ pound pork sausage | dash rosemary, crushed |
| ½ pound ground beef | ½ teaspoon garlic salt |
| 1 cup fresh bread crumbs | about ½ cup flour |
| 2 tablespoons chopped onion | 3 tablespoons shortening or
lard |
| 2 tablespoons chopped
parsley | 1 10-3/4 ounce can beef
consomme |
| | 2 tablespoons catsup |

*or substitute an additional ½ pound ground beef

Cut steak into 5-6 servings and pound each to ½ inch thickness.

Mix together sausage, ground beef, crumbs, onion, herbs, and garlic salt. Place about ¼ cup meat mixture on each piece of steak and roll up jelly roll fashion. Secure with toothpicks. Coat rolls with flour.

Heat shortening or lard in a large skillet over medium heat. Brown rolls slowly on all sides. Pour off excess fat. Combine consomme and catsup and pour over rolls, stirring up brown bits.

Cover tightly and simmer over low heat 1½ hours until tender. Thicken sauce if desired.

Alternate cooking methods: Electric fry pan: as written. Slow cooker: cook browned rolls on high 4-4½ hours or low 9 hours.

Betty Lampman
Parkdale

SICILIAN MEATBALLS

8 servings

Basic Sicilian Tomato Sauce:

1 1 pound-13 ounce can tomatoes
 1 12-ounce can Italian tomato
 paste
 1 bay leaf
 $\frac{1}{2}$ teaspoon sugar
 4 $\frac{1}{2}$ cups water

Meatballs:

3 tablespoons Bertolli olive
 oil
 2 medium onions, sliced
 1 pound finely ground lean beef
 $\frac{1}{2}$ pound finely ground lean veal

$\frac{1}{2}$ pound finely ground lean pork
 1 large egg, lightly beaten
 1 large clove garlic, finely
 chopped
 1 teaspoon basil, crushed
 $\frac{1}{2}$ teaspoon whole thyme, crushed
 $\frac{1}{2}$ teaspoon whole marjoram,
 crushed
 1 tablespoon fresh parsley,
 minced
 $\frac{1}{2}$ cup bread crumbs
 $\frac{1}{2}$ cup milk
 2 teaspoons salt
 $\frac{1}{2}$ cup pine nuts (optional)

Simmer all sauce ingredients in a 6-8 quart kettle, uncovered, while preparing remaining ingredients.

Heat oil in a large skillet over medium heat. Add onions and cook, stirring occasionally, while preparing meat balls.

Thoroughly combine remaining ingredients except pine nuts, kneading with hands or using a large capacity processor. Shape into 2-inch meat balls, tucking 3-4 optional pine nuts in center of each. Add to onions, without crowding pan, and brown on all sides. Transfer balls to sauce as they are browned. With a rubber spatula, scrape onions and pan juices into sauce.

Simmer, uncovered, 2 $\frac{1}{2}$ hours, or until sauce is thick, gently stirring occasionally.

Serve sauce over spaghetti or other pasta as a separate course. Serve meatballs with vegetables and a green salad as a main course.

Vita DiLorenzo
 Brooklyn, New York

BAVARIAN STUFFED MEATLOAF

8-10 servings

3 medium onions, chopped	10 slices bacon, crisp-cooked
boiling water	and drained
2 large eggs	12 ounces cream cheese, sliced
½ cup milk	6-8 cooked dried prunes
6 slices white bread, torn	1/3 cup melted butter, divided
in pieces	*3 tablespoons red wine
1½ teaspoons salt	cooked vegetables for garnish,
¼ teaspoon black pepper	such as small carrots and
½ teaspoon whole marjoram	onions, Brussels sprouts, etc.
2 pounds ground beef	

*Substitute white wine or Vermouth

Preheat oven to 350°. Grease a 1½-2 quart oval baking dish or a 5x9-inch loaf pan.

Pour boiling water over onions and let stand 5 minutes. Drain.

Beat eggs and milk together. Beat in bread until well blended. Stir in drained onions, salt, pepper and marjoram. Mix in ground beef with hands. Shape into a loaf and fit in baking dish or pan.

Bake, uncovered, about 1 hour, until loaf begins to pull from pan sides. Pour off fat. Chill, covered.

Preheat oven to 325°. Grease an oven-proof serving dish 3-4 inches larger on all sides than loaf.

Halve loaf horizontally. Set bottom half on dish. Layer with half the bacon, the cheese, remaining bacon. Fit on top and press down lightly. Garnish top with prunes. Combine half the butter with wine and drizzle over loaf. Surround with garnish vegetables. Brush with remaining butter.

Bake 20-30 minutes until heated through.

Potola de Sánchez
Buenos Aires, Argentina

HOWELL BROTHERS HAMBURGER

1 serving

1 large firm-textured hamburger bun, cut in half
 about 1 tablespoon butter, divided
 $\frac{1}{4}$ pound lean ground beef
 1-2 tablespoons finely chopped onion
 salt to taste
 black pepper to taste



Toast cut sides of bun in an ungreased cast iron skillet or under broiler. Butter.

Meanwhile, heat remaining butter in a small cast iron skillet over medium high heat.

Dip ground beef ball in onion, then flatten. Set in hot skillet, onion side down. For rare, keep meat at medium high. For a more well done hamburger, reduce heat to medium or medium low and again raise it to high just before turning patty over. Repeat for second side.

When turning patty over, season with salt and pepper and immediately put buttered bun top on patty. When hamburger is done, set on bun bottom.

Serve immediately with plenty of paper napkins. Condiments can be added if desired.

Percy Howell
 Portland



AUNT SENA'S SPAGHETTI OR MACARONI CASSEROLE

12-16 servings

- | | |
|---|--------------------------------------|
| 12 ounces spaghetti or
macaroni, cooked to package
directions and drained | 1 12-ounce can whole kernel
corn |
| 1 pound ground beef | 1 cup shredded Cheddar cheese |
| 1 large onion, chopped | 1 tablespoon Worcestershire
Sauce |
| 1 cup chopped celery | 2 teaspoons salt |
| 2 cans tomato soup | dash black pepper |
| 1 4-ounce can mushrooms | |

Preheat oven to 350°. Grease a 9x12-inch or 2 8x8-inch square baking dishes.

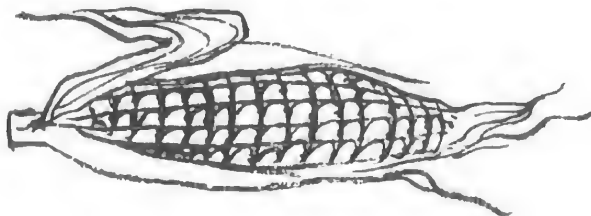
Prepare pasta.

Meanwhile, heat a 10-12 inch skillet over medium high heat. Crumble in ground beef. Cook until beef releases juices and loses color, stirring occasionally. Pour off any excess fat. Reduce heat to medium low.

Add onion and celery. Cook, stirring occasionally, until onions are translucent.

Stir in remaining ingredients except pasta. Add pasta and toss to mix well. Turn into baking dish(es). (When using the two smaller baking dishes, bake one now and refrigerate second to bake up to 1 week later.)

Bake 30-45 minutes.



Grace Blixt
Portland

MORE
6-8 servings

4 ounces macaroni or noodles, cooked to
package directions and drained (about 2 cups cooked)
1 pound ground beef
1 small onion, chopped
1 cup diced whole canned tomatoes
1 cup sliced ripe olives with juice
1 cup chopped pimento (optional)
1 cup cooked peas, or $\frac{1}{2}$ cup each peas and corn
1 teaspoon chili powder
salt to taste
black pepper to taste

Preheat oven to 300°. Grease a 9x13 inch baking
dish.

Prepare macaroni or noodles.

Heat a 9-10 inch skillet over medium high heat.
Crumble in ground beef. Cook, stirring occasionally, until
lightly browned. Stir in onion and cook until pale
straw-colored.

Add remaining ingredients and mix well. Turn into
baking dish.

Bake 45 minutes.



Janet Kaza
Portland

Vivace

Chapter 6

Pork

ROAST ROLLED PORK SHOULDER WITH SEMMELKNÖDEL (WHITE BREAD DUMPLINGS) 6 servings

- 1 large onion, sliced
- 2 medium carrots, chopped
- 1 cup water
- 1 3-3½-pound rolled pork shoulder roast
- 1 clove garlic
- salt to taste
- ½ teaspoon caraway seeds
- 1 recipe Semmelknödel (see next page)



Preheat oven to 325°.

Scatter onions and carrots in bottom of a shallow roasting pan with a rack. Add 1 cup water. Fit on rack.

Rub roast with cut side of garlic, salt and caraway. Set on rack, fat side up.

Roast, uncovered, basting occasionally, 1 hour. Score surface fat in small squares or diamonds. Continue to roast, basting occasionally, another 1½-2 hours, until a meat thermometer registers about 165°. Add water to pan if necessary. Rest roast 20 minutes before carving.

Skim excess fat from pan drippings. Bring to a boil and stir up brown bits, adding a little water if needed. Add salt and pepper to taste.

Serve roast with Semmelknödel and the pan gravy.

Edith Minde
Portland

SEMMELKNÖDEL (WHITE BREAD DUMPLINGS)

6 servings

6 large stale French rolls, thinly sliced
 1 small onion, finely chopped
 1-2 tablespoons minced parsley
 dash salt
 dash nutmeg
 1 cup lukewarm milk
 2 large eggs, lightly beaten
 flour if needed (see instructions)
 3-4 quarts water
 2 tablespoons salt



Combine sliced rolls, onion, parsley, salt and nutmeg. Mix in milk and eggs with hands. Cover and let stand at room temperature at least 1 hour, until bread absorbs liquid.

When it is time to make dumplings, wet hands and shape into balls slightly smaller than tennis balls. If mixture is too soft, stir in a little flour. Since bread is variable, cook 1 test dumpling before time to cook the rest. If it falls apart, add a little more flour.

Shortly before roast is done, bring water and salt to a brisk simmer. Drop in dumplings. Cook, partly covered, about 20 minutes, until dumplings are slightly firm and are cooked through. (When about done, dumplings will rise to surface if gently touched with a spoon.)

Serve with roast pork and pan gravy. See index for Semmelknödel with Scrambled Eggs for any leftover dumplings.



Edith Minde
 Portland

STUFFED PORK CHOPS

6 servings

1 recipe Celery or Corn
Dressing (below)
6 double pork chops with
pockets
2-3 teaspoons salad oil
 $\frac{1}{4}$ cup hot water

Celery Dressing:

4 tablespoons bacon grease
1 small onion, sliced
 $\frac{1}{2}$ cup celery, chopped
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon black pepper
 $\frac{1}{4}$ teaspoon rubbed sage
 $1\frac{1}{2}$ cups dry bread crumbs
hot water (see instructions)

Corn Dressing:

1 cup grated corn
10 soda crackers, crushed
1 teaspoon celery salt
2 teaspoons finely chopped
green pepper

Preheat oven to 350°. Grease a 9x13-inch baking dish.

Prepare one of the dressings:

Celery Dressing: Heat bacon grease in a 10-inch skillet over low heat. Stir in onion and celery. Cook until onions are translucent. Stir in remaining ingredients except water. Drizzle in hot water, stirring, just until mixture holds together. (After chops are filled, wipe out pan with paper towels and use to brown chops.)

Corn Dressing: Mix all ingredients.

Fill chop pockets with chosen dressing. Fasten with toothpicks or sew with heavy white thread. Dry well on paper towels.

Heat oil to cover bottom of a 10-inch skillet over medium high heat. Brown chops on both sides. Transfer to baking dish. Stir in hot water. Bring to a boil, stirring up brown bits. Pour over chops. Cover with a lid or foil.

Bake about 1 hour, until tender. Remove toothpicks or thread before serving.

Mrs. A. L. Amrine
Oregon City

CRUNCHY PORK CHOPS

4-6 servings

2½ tablespoons margarine
 2½ tablespoons oil
 2 eggs
 1 tablespoon milk

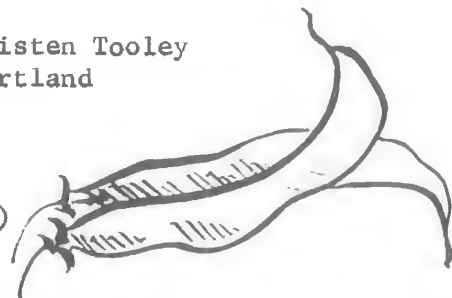
1 cup Crunchy Coating Mix
 (see Index)
 2 pounds shoulder pork chops cut
 about ¾ inch thick

Preheat oven to 400°. Melt butter with oil in a 10x15-inch baking pan in the heating oven. Remove promptly.

Beat eggs and milk together. Put Crunchy Coating Mix in a shallow dish. Dip pork chops in egg wash, shaking off excess. Coat generously with Coating Mix. Arrange pieces in pan, turning to coat with butter mixture. Bake about 30 minutes until coating is crunchy and chops are tender, turning once. Drain on paper towels.

Kristen Tooley
 Portland

CHOW YEE YUK
 (PORK AND GREEN BEANS)
 4-6 servings)



1 pound green beans, cut
 diagonally in 1-inch pieces
 1 pound frozen pork tenderloin,
 sliced leaf thin, well dried
 2 tablespoons oil
 1 large onion, chopped
 dash salt

2 large fresh tomatoes, peeled,
 seeded and sliced
 ½ cup light chicken broth or
 water
 2 tablespoons soy sauce
 2 teaspoons sugar
 1 tablespoon cornstarch

Cook beans by Boiling Water Bath Method (see Index).

Heat oil in a 10-inch skillet over high heat. Add pork and onions and stir-fry 30-60 seconds. Do not brown. Add salt, then tomatoes and beans. Stir-fry 4 minutes. Combine liquid, soy and sugar. Dissolve cornstarch in this mixture. Pour over ingredients in pan. Cook, stirring, 30-60 seconds, until sauce clears and thickens slightly. Serve with hot rice.

Clara Rank
 Carmel Valley, California

HAM STEAK WITH HONEY BUTTER 2-4 servings

1 large center slice ham steak, cut about 5/8-inch thick

Honey Butter:

2 tablespoons butter

¼ cup honey



*dolce
cantabile*

Trim ham of excess surface fat. Slash edges against curling. Pat dry with paper towels.

Heat a cast iron skillet over high heat. Rub with a piece of ham fat. Place ham in skillet. Reduce heat to medium high. Brown on both sides, turning once (6-8 minutes in all).

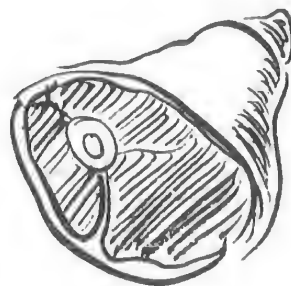
Pass Honey Butter.

Honey Butter: Heat butter and honey together. Serve hot.

Percy Howell
Portland

HAM STEAK BAKED IN MILK 6-8 servings

1 center-cut slice ham, 1-inch thick
1 tablespoon Dijon mustard
about 1 cup milk



Preheat oven to 325°.

Place ham in a baking dish only slightly larger than the slice. Spread mustard evenly over top. Pour in enough milk to barely cover ham.

Bake 1 hour. Milk will separate. Set ham on serving plate. Skim off milk curds for garnish.

Hazel DeLorenzo
Portland

SAUSAGE RING 10-12 servings

2 pounds bulk pork sausage
2 tablespoons finely chopped onion
1½ cups dry bread crumbs
2 eggs
1 cup chopped peeled apple
½ cup milk



Preheat oven to 350°. Mix all ingredients and pack into a greased 9-inch Bundt or ring pan.

Bake 30 minutes. Drain off grease. Bake another 30-45 minutes.

Turn onto a serving plate.

Rex and Mary Crouse
Portland

SAUSAGE SUPPER servings variable

bulk pork sausage patties
Country Milk Gravy (see Index), made with sausage grease
hot mashed potatoes
hot, well-drained sauerkraut

Arrange sausage patties in a cold skillet. Cook, uncovered, over medium low to medium heat, occasionally pouring off excess grease, 10-15 minutes on each side, depending on thickness. Drain on paper towels. Make gravy.

Meanwhile prepare potatoes and heat and drain sauerkraut.

Louise Howell
Portland

Chapter 7

Lamb, Veal, Miscellaneous

EASY ALGERIAN COUSCOUS 6-8 servings

- | | |
|---|--|
| 5-6 dried cayenne peppers | 2-3 medium onions, chopped |
| 2-3 tablespoons olive oil | 10 cloves garlic, halved or quartered |
| about 1/3 cup butter, divided | 1/2 teaspoon ginger |
| 1 tablespoon salad oil | 1/8-1/4 teaspoon whole thyme |
| *2 pounds stewing lamb, cut in 1x1 1/2-inch pieces | 1/8-1/4 teaspoon rubbed sage |
| 2 quarts water, divided | dash basil |
| 2-3 teaspoons salt | dash cayenne pepper |
| 1 6-ounce can tomato paste | 1 large or 2 small bayleaves |
| 4-5 medium tomatoes, peeled, seeded and diced, or 1 1-pound can stewed tomatoes | 6-8 slender zucchini 6-8 inches long, in 1-inch chunks |
| 4-6 medium carrots, in 1-inch chunks | 1 medium unpeeled eggplant, in 1-inch cubes |
| 3 medium turnips, quartered | 2/3 cup raisins |
| 1-2 green peppers, cut in strips | 1 16-ounce box Precooked Couscous |
| 2 medium onions, each stuck with 1 whole clove | 1 recipe Hrisa (Harissa) Sauce (in instructions) |

*or 1 pound lamb and 1 pound cut up chicken

Crush cayenne peppers in olive oil in a small saucepan. Set aside. (This will form the flavor base for Hrisa Sauce.)

Melt 2 tablespoons butter with 1 tablespoon oil in a 10-12 inch skillet over medium high heat. Add lamb and brown. (If using chicken, brown, adding oil if necessary, and set aside.) Bring 2 cups water to a boil in the skillet and stir up all the brown bits.

Meanwhile, bring $1\frac{1}{2}$ quarts water and salt to a boil in a 6-8 quart kettle. Add deglazing liquid from skillet, and remaining ingredients except zucchini, eggplant, raisins, Couscous, and reserved crushed cayennes in olive oil. Add lamb. Simmer, covered, 50-60 minutes, until almost tender. (If using chicken, add after 30 minutes.)

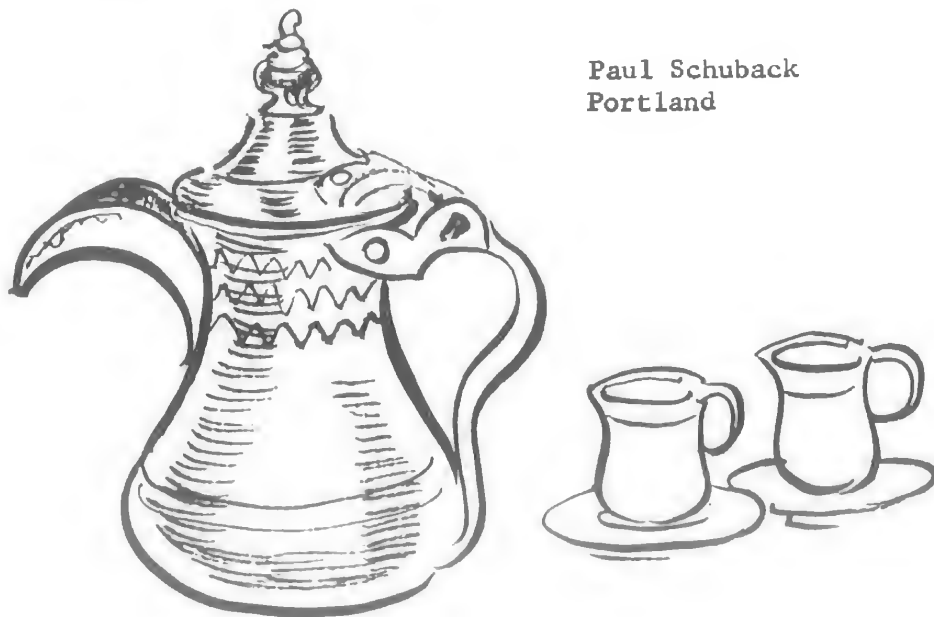
Add zucchini, eggplant and raisins. Cook about another 10 minutes until eggplant is done and zucchini is tender-crisp.

Meanwhile, prepare Couscous to package directions. Turn onto a large, hot serving dish. Mix with 3-4 tablespoons butter to separate grains. Spread over dish.

Make Hrisa Sauce (below).

Ladle stew over Couscous. Pass Sauce.

Hrisa (Harissa) Sauce: Boil the reserved crushed cayennes in olive oil and the 1 cup stew liquid over high heat 1 minute. It should be very hot.



Paul Schuback
Portland

LAMB SELMA
6-8 servings

3 pounds lean, boneless lamb shoulder trimmed of fat and cut in 1-inch cubes
 3/4 teaspoon MSG
 3/4 teaspoon Season-All
 about 1/3 cup flour
 2 tablespoons salad oil
 1 can cream of mushroom soup
 1 can beef broth
 1 soup can red wine
 1 tablespoon Worcestershire Sauce
 1/2 teaspoon curry powder



Toss lamb with MSG and Season-All on waxed paper. Let stand at room temperature 30-60 minutes. Coat with flour.

Heat oil in a 2½-3 quart flame-proof casserole over medium high heat. Brown lamb on all sides.

Meanwhile, combine remaining ingredients in a 1½-2 quart saucepan. Bring to a simmer over low heat. Pour over browned lamb. Cover.

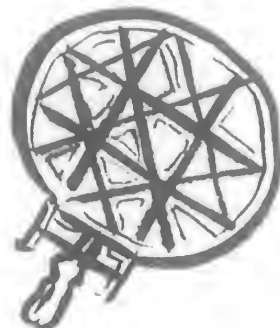
Simmer over very low heat 1½ hours, stirring occasionally, until lamb is tender and sauce is thickened and silky.

Serve with rice.

This dish freezes well, and makes an excellent buffet dish.

Gertrude Townsend
Portland

KÖFTE
(TURKISH MEAT BALLS)
6-8 servings



2 pounds ground lamb (may be half beef)
 $1\frac{1}{2}$ -2 cups minced parsley
 2-3 medium onions, grated
 $1\frac{1}{2}$ -2 teaspoons ground cumin, to taste
 1 teaspoon salt
 $\frac{1}{8}$ teaspoon cayenne
 crushed dried red (chili) peppers to taste (optional)
 $\frac{1}{3}$ cup flour

Prepare outdoor barbecue coals or preheat range broiler.

Hand-mix all ingredients, gently kneading until thoroughly blended. Shape into ovals about $2 \times 1\frac{1}{2} \times \frac{1}{2}$ -inch thick. Thread onto skewers, 6 on 12-14 inch skewers, 3 on shorter ones.

Broil 3-4 inches from heat about 6-8 minutes until well-browned. Turn. Broil another 4-5 minutes. Köfte may also be pan-broiled with the same timing. They freeze well.

Serve with a rice pilaf, a green salad, an eggplant dish, and bread or pita for a mid-eastern feast.

Variation: Shape into walnut-sized balls. Pan broil, turning frequently. Drain on paper towels. Serve with toothpicks as an appetizer.

Ann Parker
Portland



BULGARIAN MOUSSAKA

8 servings

2 medium eggplants, peeled and sliced	1 tablespoon paprika
2 teaspoons salt	$\frac{1}{2}$ teaspoon black pepper
2-4 tablespoons margarine	2-3 tablespoons flour
1 medium onion, finely chopped	4 medium tomatoes, sliced
2 pounds coarsely ground lamb	1 pint yogurt
1 teaspoon salt	4 egg yolks
	$\frac{1}{2}$ cup flour

Salt both sides eggplant slices, weight between paper towels and let stand 1 hour. Rinse, press out excess liquid, and dry well.

Meanwhile, heat 2 tablespoons margarine in a large skillet over medium low heat. Add onion and cook, stirring occasionally, until translucent. Increase heat to medium high. Crumble in lamb. When it loses color, stir in 1 teaspoon salt with paprika and pepper. Brown lightly. Drain off excess fat into another large skillet.

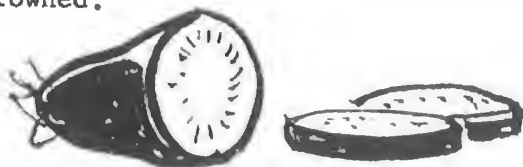
Preheat oven to 350°. Grease a 3-quart casserole.

Heat second skillet over medium high heat. Coat eggplant slices with flour. Brown on both sides, adding additional margarine as necessary.

Arrange alternate layers of eggplant and meat in casserole. Top with tomato slices. Bake, uncovered, 1 hour.

Mix yogurt and egg yolks. Stir into $\frac{1}{2}$ cup flour. Pour over top of casserole.

Bake about 20-30 minutes more until set and lightly browned.



Lois Pope
Portland

POT ROAST OF VEAL JARDINIÈRE 6-8 servings

1 3-pound boneless rolled veal roast	1 tablespoon olive oil
1/3 lemon	1 tablespoon butter
1 small clove garlic, sliced	1 medium onion, sliced
1/8 teaspoon crushed dry red peppers	salt to taste
1/8 teaspoon ground allspice	1 14½-ounce can uncondensed chicken broth
1/8 teaspoon whole thyme	½ cup white wine
1/8 teaspoon whole marjoram	half a large bay leaf
1/8 teaspoon whole oregano	4 carrots, sliced
1 tablespoon paprika	½ green pepper, in thin strips
1 tablespoon light brown sugar	1 cup frozen pearl onions
about 2 tablespoons flour	¾ cup minced parsley
1 tablespoon bacon grease	buerre manié (see Index)
	½ cup frozen peas

Dry roast on paper towels. Rub all sides with cut side of lemon. Crush and blend next 8 ingredients. Pat into all sides of roast. Coat roast with flour.

Heat fats in a heavy flame-proof casserole over medium high heat. Brown roast on all sides. Reduce heat to low and add onion. Stir and cook onion until pale straw colored. Season roast with sparing salt.

Bring broth and wine to a boil. Pour around roast. Add bay leaf. Cover and simmer over very low heat 1½ hours, turning once.

Add carrots, green peppers, pearl onions and parsley. Cover and cook about 20 minutes more until carrots are tender. Remove roast and keep warm. Thicken sauce with buerre manié. Simmer slowly, uncovered, stirring occasionally, 5 minutes. Add peas. Return roast to sauce and turn to glaze it.

Set roast in center of a hot serving plate. Lift out vegetables with a slotted spoon and arrange around roast. Pass sauce.

Lucille Howell
Portland

ITALIAN BREADED VEAL CUTLETS 6 servings

- 1-1½ pound slice veal round, maximum ½-inch thickness
- 1 egg
- 1 teaspoon water
- 1 teaspoon salt
- ½ teaspoon basil
- ½ teaspoon whole marjoram
- ½ teaspoon whole thyme
- 1 clove garlic, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- 1 cup dry bread crumbs
- 3 tablespoons Bertolli olive oil

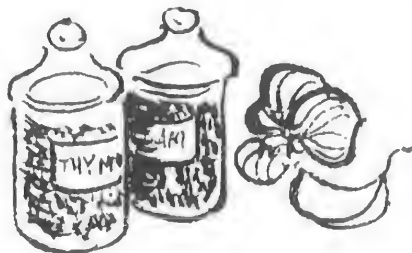


Trim fat from veal edges and remove bone. Cut into 6 pieces. Flatten between waxed paper sheets to about ½-inch with side of cleaver. Dry well on paper towels.

Beat egg lightly with water. Stir in remaining ingredients except bread crumbs and oil.

Heat oil on a griddle or in 2 large skillets over medium heat. Dip veal pieces in egg wash and then coat with crumbs. Arrange on griddle or in skillet. Turn heat to medium low.

Cook until well-browned and tender, lowering heat further if necessary, turning once (about 20 minutes).

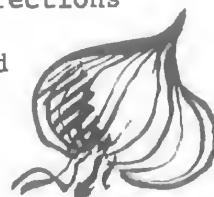


Vita DiLorenzo
Brooklyn, New York

TACORINI

4 servings

- 1 small onion, finely chopped
- 2½ cups ground cooked veal, crumbled (12 ounces)
- 1 cup tomato sauce
- 3 tablespoons Taco Seasoning Mix
- 1 tablespoon Sherry (optional)
- 2 ounces lasagna noodles, cooked to package directions and drained (about 1 cup cooked)
- 1 cup chopped cooked spinach, very well drained
- 2/3 cup canned or fresh sliced mushrooms
- 1 cup low fat unflavored yogurt



Heat a non-stick skillet over medium heat. Add onions and cook until light straw-colored. Add veal, tomato sauce, taco seasoning and Sherry. Cover and simmer 20 minutes.

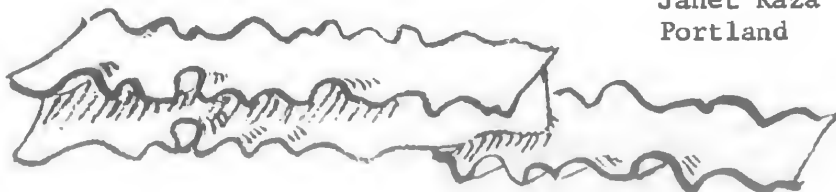
Meanwhile, prepare noodles and spinach and set aside.

Preheat oven to 350°. Grease a 9x9-inch square baking dish.

Layer in baking dish half the noodles, sauce, spinach, mushrooms and yogurt. Repeat. Cover lightly with foil.

Bake 45 minutes.

Janet Kaza
Portland



CARIBBEAN CASSEROLE

10-12 servings

3 pounds lean pork spare ribs
 (1½ pounds if boneless), cut
 up
 water to cover
 1 3-pound frying chicken, cut up
 ½ pound hot Italian sausage, cut
 in 2-inch chunks
 ½ pound sweet Italian sausage, cut
 in 2-inch chunks
 3 medium onions, sliced

Caribbean Barbecue Sauce:

¾ cup catsup

½ cup water
 ½-1 tablespoon salt, to taste
 1 tablespoon sugar
 1 teaspoon chili powder
 1 teaspoon paprika
 ½ teaspoon black pepper
 1/8 teaspoon whole oregano
 1/8 teaspoon basil
 2 tablespoons white vinegar
 2 tablespoons lemon juice
 2 tablespoons Worcestershire
 Sauce
 1/8-½ teaspoon hot pepper sauce

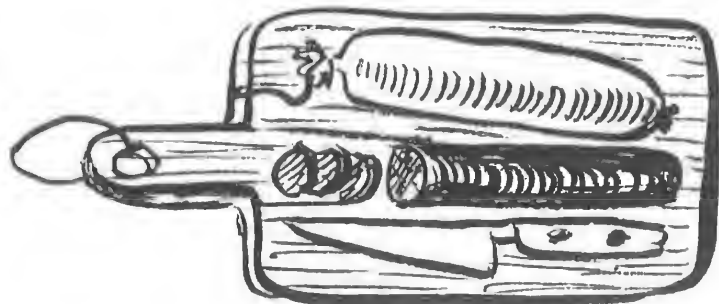
Bring ribs with water to cover to a simmer in a covered 2-quart saucepan. Cook 15 minutes, then drain.

Preheat oven to 300°. Grease a roaster or 4-quart casserole.

Combine pork, chicken and sausages in the roaster or casserole, with chicken breasts on top. Cover with sliced onions. Combine sauce ingredients and pour over top. Cover.

Bake 1½-2 hours, until tender, basting once. Sauce will be thin, but very flavorful.

This dish is even better when made ahead and reheated.



Floyd Green
 Portland

BARBECUED FRANKFURTERS

6-8 servings

3 tablespoons water
 1½ tablespoons flour
 1 cup water
 ¾ cup catsup
 3 tablespoons cider vinegar

1 tablespoon sugar
 1½ teaspoons prepared
 yellow mustard
 12 frankfurters, split
 lengthwise

Stir flour into water until smooth in a 9-10 inch skillet. Stir in remaining ingredients except frankfurters. Add frankfurters. Simmer, uncovered, 15-30 minutes, stirring occasionally and basting frankfurters.

Serve with mashed potatoes.



Presto

Wava Skaggs
 Savage, Maryland

Sausage Sampler:

BOCKWURST. Delicately seasoned veal, milk and eggs. German.
 BRATWURST. Spicy German sausage.
 BRAUNSCHWEIGER. Smoked liverwurst.
 BRITISH BANGERS. Mild frankfurter type.
 CHORIZO. Hot and spicy. Mexican.
 ITALIAN. Sweet, hot or medium, with a touch of fennel.
 JAEGER OR HUNTER. Garlicky, spicy version of Summer Sausage.
 KIELBASA. Garlicky, spicy. Polish.
 KNOCKWURST. Fat, spicy, garlicky German frankfurter-type.
 LINGUISA. Spicy. Portuguese.
 SUMMER. Sliceable, mildly seasoned luncheon meat.



BOEMBQOE (Boom-boo)
(INDONESIAN BASE FOR RICE OR NOODLES)
4-6 servings

2-3 tablespoons oil
2 cups finely chopped onions
2 cloves garlic, chopped
 $\frac{1}{2}$ teaspoon crushed dry red chili peppers
dash ginger
 $\frac{1}{2}$ teaspoon cumin
 $1\frac{1}{2}$ teaspoons coriander
 $\frac{1}{2}$ inch trassi (Indonesian shrimp paste) optional
 $\frac{1}{2}$ cup finely chopped cooked chicken
 $\frac{1}{2}$ cup finely chopped cooked ham
 $\frac{1}{2}$ cup finely chopped cooked shrimp
1 teaspoon sugar
1 tablespoon soy sauce



Heat oil in a 9-10 inch skillet over low heat. Add onions and cook slowly until translucent, stirring occasionally.

Meanwhile, crush together with mortar and pestle garlic with next 5 ingredients. Stir in and continue to cook slowly about 20 minutes, stirring occasionally. Add a little more oil if necessary.

Stir in remaining ingredients and cook slowly, uncovered, 15-20 minutes, stirring frequently.

May be used immediately or refrigerated, covered, until needed.

Use for Nasi Goreng (Indonesian Fried Rice) or Bami (Indonesian Noodles), on facing page.

Hanny Becking
The Hague, Netherlands

NASI GORENG
(INDONESIAN FRIED RICE)
4-6 servings

2-3 tablespoons oil
1 recipe Boemboe (see facing page)
6 cups cold cooked rice, preferably chilled over night
1 fried egg per serving (optional)

Heat oil in a 4-quart Dutch oven over low heat. Add Boemboe and heat, covered, stirring frequently. Stir in rice. Cook, covered, tossing frequently, until heated through.

Serve with a fried egg on top each serving if desired.

Cadenza _____

Hanny Becking
The Hague, Netherlands

BAMI
(INDONESIAN NOODLES)

2-3 tablespoons oil
1 recipe Boemboe (see facing page)
4 cups hot cooked egg noodles, well drained
1 fried egg per serving (optional)

Heat oil in a 4-quart Dutch oven over low heat. Add Boemboe and heat, covered, stirring frequently. Stir in noodles. Cook, covered, tossing frequently, until heated through.

Serve with a fried egg on top each serving if desired.

Hanny Becking
The Hague, Netherlands

GOLDEN RISOTTO

4 servings

- 1 4-ounce can sliced mushrooms
- 1 cup light chicken broth
- 1/8 teaspoon crushed saffron
- 1-1/3 cups Minute Rice
- 2-4 tablespoons butter
- 1/2 cup chopped onion
- *1/4 pound (about 1 cup) whole cleaned, cooked shrimp
- 1 cup diced cooked ham
- 1/4 pound Brown-and-Serve Sausages, sliced (or cooked sausages)
- 1/4 cup grated Parmesan cheese

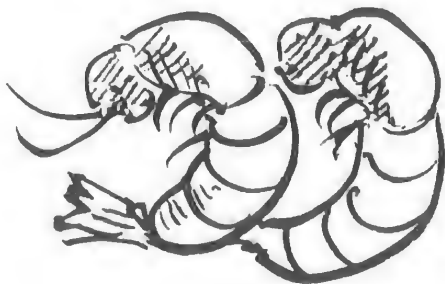


*If canned, rinse thoroughly and drain.

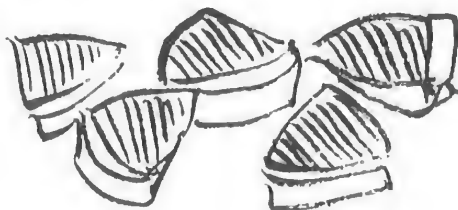
Drain mushrooms, reserving 1/3 cup liquid. Combine reserved liquid with broth and saffron in a 1-quart saucepan. Bring to a boil. Add Minute Rice, stirring just enough to moisten. Cover. Remove from heat. Let stand 5 minutes.

Meanwhile, melt butter in a 10-inch skillet. Add mushrooms, shrimp, ham and sausages. Saute over medium high heat, stirring frequently, until lightly browned.

Add rice mixture and cheese. Toss lightly with a fork to mix well.



Lucy Rice
The Dalles, Oregon



TAMALE PIE
8-10 servings

- $\frac{1}{2}$ cup ($\frac{1}{2}$ stick) butter
- 4 15-ounce cans Hormel tamales
- 2 12-ounce cans Green Giant Mexi-Corn, drained
- 1 8-ounce can tomato sauce
- 1 4-ounce can chopped ripe olives (optional)
- $\frac{1}{2}$ pound shredded medium or sharp Cheddar cheese

Preheat oven to 325°. Grease a 2-quart casserole.

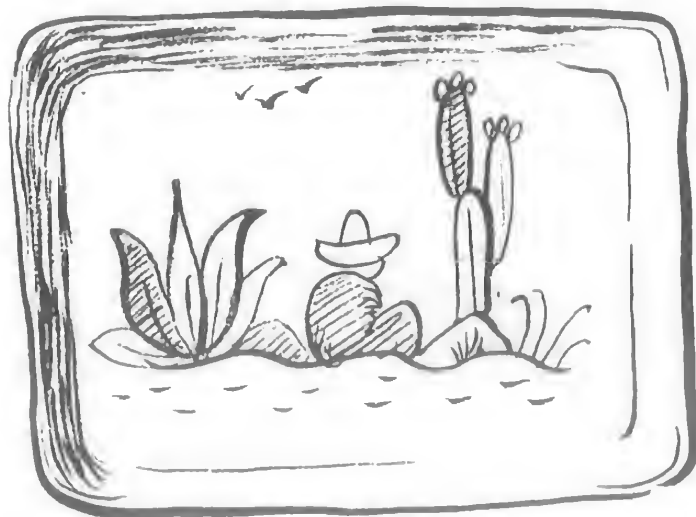
Melt butter and set aside.

Remove tamale wrappers and crumble tamales. Mix well with corn, tomato sauce, olives and cheese, reserving some cheese for topping. Mix in melted butter. Turn into casserole.

Bake 1 $\frac{1}{2}$ hours. Top with reserved cheese.

Serve with warmed corn or flour tortillas.

This dish is even better if prepared ahead and refrigerated over night before baking.



Barbara Alberty
Portland

QUICK QUICHE

4 servings

3 eggs
 ½ cup oil
 ½ cup whole wheat flour less 1 teaspoon
 1½ tablespoons butter, softened
 1½ cups milk
 ¼ teaspoon salt
 dash black pepper
 1 cup shredded Swiss, Cheddar, or Monterey Jack cheese
 *½ cup diced topping

*crisp, well-drained bacon; chicken; ham; shrimp;
 crab; tuna; mushrooms; spinach; or other available
 foods

Preheat oven to 350°. Set out a 9-inch pie tin.

Measure first 7 ingredients into a blender or food processor bowl. Blend or process until smooth. Pour into pie pan.

Sprinkle cheese and diced topping over top. Press down lightly so liquid slightly covers topping.

Bake 45 minutes, until a knife inserted near center comes out clean. Let stand off-heat 10 minutes before serving.

Kristen Tooley
Portland



Chapter 8

Vegetarian Main Dishes

MOCK TURKEY (A NUT LOAF) 4 servings

1 cup milk
 $\frac{1}{2}$ 1-pound loaf whole grain bread, cubed
 $\frac{1}{2}$ pound: sharp Cheddar cheese, shredded, divided
 $\frac{1}{2}$ teaspoon whole sage, crumbled
1 large onion, grated
 $\frac{3}{4}$ cup coarsely chopped walnuts, filberts or almonds
 $\frac{1}{2}$ cup cooked kidney or other dry beans
 $\frac{1}{2}$ cup vegetable broth, water or milk
4 well-beaten eggs
1 tablespoon VEGEX bouillon

Preheat oven to 400°. Grease a $1\frac{1}{2}$ -quart oval baking dish.

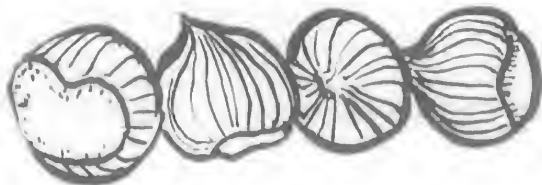
Combine milk and bread. Add cheese, reserving 1 cup. Mix in sage, onion, nuts and beans. Mix eggs and VEGEX into the $\frac{1}{2}$ cup liquid and stir in. Pour into baking dish. Top with reserved cheese.

Bake 1 hour until firm and brown.

Variations:

Add $\frac{1}{2}$ -1 can whole drained water chestnuts and/or $\frac{1}{2}$ cup whole small mushrooms.

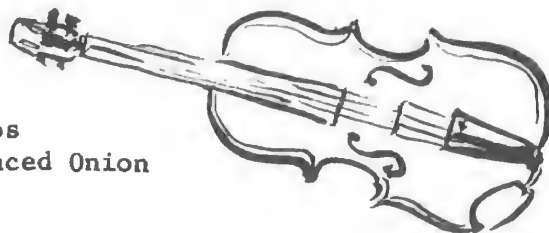
Use mixture for filling for stuffed cabbage.



Anna C. Berkey
Portland

RICE-NUT PATTIES 3-4 servings

- 1 egg
- 1 cup milk
- 1 cup ground nuts
- 1 cup fine dry breadcrumbs
- 2 tablespoons Instant Minced Onion
- 1½ teaspoons garlic salt
- 3 cups cooked brown rice
- 1 tablespoon Falafel Mix
- 2-3 tablespoons safflower or other vegetable oil
- 1 15-ounce can tomato sauce, heated or 1 recipe
Mushroom-Sour Cream Sauce (below)



Beat egg lightly in a 2-quart saucepan. Stir in milk. Heat over medium heat, stirring, until thickened. Off-heat stir in remaining ingredients except oil and sauce. Chill, covered.

Heat a 10-inch skillet with just enough oil to coat bottom over medium heat. Shape rice mixture into 8-10 patties. Brown on both sides.

Serve with hot tomato sauce or Mushroom-Sour Cream Sauce (below).

Mushroom-Sour Cream Sauce: Heat together in a small saucepan over low heat, stirring frequently: 1 CAN CREAM OF MUSHROOM SOUP and enough DAIRY SOUR CREAM to thin to sauce consistency. Do not let come to a boil.

Wyllamine Bostwick
Portland



HERBED LENTILS AND RICE

4-6 servings



This recipe came from the mid-Columbia area with no name, and the originator has never been identified. It had been immediately taken for testing, and the tester says it is too good to leave out.

2-2/3 cups chicken-flavored
broth
5/8 cup lentils
3/4 cup chopped onion
1 small clove garlic, minced
5/8 cup brown rice
1/4 cup dry white wine
1/2 teaspoon basil, crushed

1/2 teaspoon whole oregano, crushed
1/2 teaspoon whole thyme, crushed
1/2 teaspoon salt
1/8 teaspoon black pepper
1/2 cup (1/2 stick) chilled butter
or margarine, diced (optional)
4 ounces Swiss cheese, divided

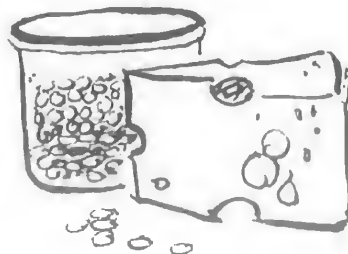
Preheat oven to 350°.

Combine all ingredients except cheese in an ungreased 1 1/2-quart casserole. Shred half the cheese and stir in.

Bake, covered, 1 1/2-2 hours, until lentils and rice are tender and liquid absorbed, stirring twice.

Cut remaining cheese into thin strips. Arrange over top of casserole. Bake, uncovered, 2-3 minutes to melt cheese.

Variation: Substitute converted rice for brown. Add 1 2-4 ounce jar pimentos for color.



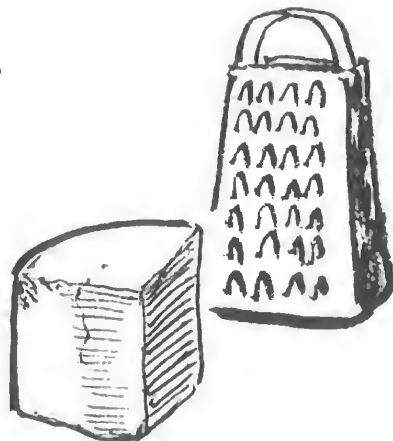
FETUCCINE WITH SPINACH PESTO

4-6 servings

- 1 recipe Spinach Pesto (below)
- 1 pound fettuccine, cooked to package directions and drained (reserve 1/3 cup liquid)
- 1/2 cup grated Parmesan cheese

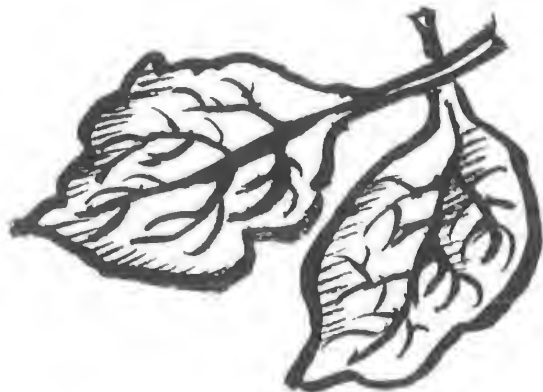
Spinach Pesto:

- 3 cups fresh spinach leaves, cut up
- 2 cups fresh parsley, cut up
- 1/2 cup grated Parmesan cheese
- 1/2 cup grated Romano cheese
- 1/4 cup blanched almonds
- 2 tablespoons pine nuts
- 1/2 cup salad oil
- 1/4 cup melted butter
- 3-4 large cloves garlic, crushed
- 1 teaspoon salt



Spin all Pesto ingredients in a blender or food processor until smooth. Stir reserved 1/3 cup pasta liquid into Pesto.

Toss hot fettuccine with the Pesto and Parmesan. Pass additional Parmesan.



Rex and Mary Crouse
Portland

MACARONI AND CHEESE CUSTARD
6 servings

2 cups macaroni, cooked to package directions and drained
½ pound Cheddar cheese, diced
3 large eggs
2 cups milk
1 tablespoon salt
black pepper to taste

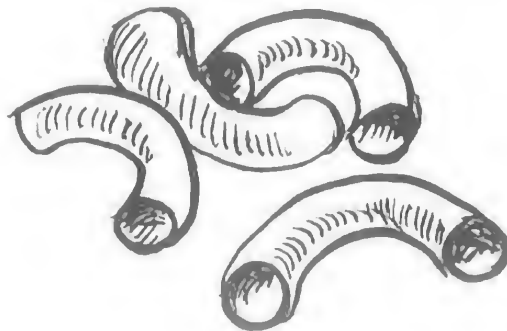
Preheat oven to 350°. Grease a 10x10-inch square baking dish.

Toss macaroni and cheese together in baking dish. Beat eggs just into blended. Beat in milk, salt and pepper.

Bake 1 hour, until a knife inserted near the center comes out clean.

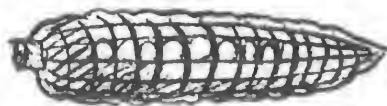
Kräftig

Grace Blixt
Portland



POLENTA ANNE
3-4 servings

5 cups milk
1 teaspoon salt
1 cup yellow cornmeal
1½ tablespoons chilled butter in small dice
½ cup shredded sharp Cheddar cheese
1/3 cup undiluted evaporated milk or whipping cream
paprika



Preheat oven to 350°. Grease a 1-quart casserole.

Grease a heavy 1½-quart saucepan. Combine milk and salt in it and bring to a simmer over medium high heat. Whisk in cornmeal until smooth. When mixture begins to thicken, reduce heat to very low, cover pan, and cook about 5 minutes, until very thick and creamy. Whisk smooth.

Pour half the mixture into the casserole. Dot with half the butter and scatter half the cheese over top. Repeat. Pour evaporated milk or cream over top. Dust generously with paprika.

Bake, uncovered, 20-30 minutes until puffed and lightly browned.

Serve immediately.

This recipe may be quartered, halved, or multiplied. Do not bake in a larger than 1-quart casserole.

Any leftovers reheat well, but are heavier in texture.

Anne Hogg
Acassuso, Argentina

FANCY HOMINY GRITS
6-8 servings

1 quart milk
½ cup (1 stick) butter
1 cup quick grits
1 teaspoon salt
1/8 teaspoon black pepper
1/3 cup butter, melted
1 cup shredded Gruyère cheese
1/3 cup grated Parmesan cheese (optional)



Bring milk to a boil in a 2½-quart saucepan over medium high heat.

Add ½ cup butter and melt. Gradually stir in grits. Reduce heat to low. Cook, stirring constantly, until mixture thickens to cake batter consistency (4-5 minutes).

Off-heat, add salt and pepper. Beat 5 minutes. Pour into a buttered 8x12-inch baking dish. Fit a piece of buttered waxed paper over the top to prevent skin formation. Chill.

Preheat oven to 400°. Grease a 2-quart casserole.

Cut grits in squares about 1½x1½ inches. Pile into casserole. Pour melted butter over top. Sprinkle with cheese(s).

Bake, covered, 30 minutes.

Janice Staver
The Dalles

MARGY'S EGGS

1 serving

2 teaspoons butter
2 large eggs
salt to taste

black pepper to taste
boiling water

Melt butter in a small skillet over low heat. Add eggs. Season with salt and pepper.

When whites begin to become opaque, pour in at side 1/8 inch boiling water. Immediately cover tightly.

Simmer 3-5 minutes, or until yolks are done as desired.



Margy Leahy
Ocean Park, Washington

CHINESE EGGS

2-3 servings

4 eggs
3 tablespoons sugar
1/2 teaspoon salt

1-2 tablespoons oil
1 large onion, coarsely chopped
soy sauce (optional)

Beat eggs with sugar and salt just until blended. Set aside.

Heat oil in a 9-10 inch non-stick skillet or wok over high heat. Add onion and stir-fry rapidly 1-2 minutes until slightly softened. Reduce heat slightly. Pour in egg mixture and stir-fry just until eggs are set.

Pass optional soy sauce.

Judy Wallender
Hood River

FRESH VEGETABLE FRITTATA 2 servings

2 teaspoons butter
1 teaspoon oil
1 cup sliced mushrooms
 $\frac{1}{2}$ cup diced zucchini
 $\frac{1}{4}$ cup chopped green pepper
2 tablespoons finely chopped
green onions
 $\frac{1}{2}$ medium tomato, peeled,
seeded and chopped
(substitute canned)
3 eggs

$1\frac{1}{2}$ teaspoons lemon juice
 $1\frac{1}{2}$ tablespoons water
1-3 tablespoons prepared
mustard, to taste
 $1/3$ - $\frac{1}{2}$ cup shredded Cheddar
cheese
salt to taste
black pepper to taste
dash garlic powder
1-2 tablespoons grated
Parmesan cheese

Heat butter and oil in an 8-9 inch skillet over medium heat. Add all vegetables except tomato. Cook 5-6 minutes, stirring frequently. Stir in tomato.

Beat eggs lightly. Blend in lemon juice, water and mustard. Pour evenly over vegetables. Reduce heat to medium low, cover and cook 10-12 minutes until eggs are set but not dry. Sprinkle with remaining ingredients.

Serve with toasted French bread.



Madalyn Brandt
Tacoma, Washington

EGGPLANT MILANO
6-8 servings

- 1 medium eggplant
- 2 teaspoons salt, divided
- $\frac{1}{2}$ cup Bertolli olive oil
- 3 medium onions, sliced
- 1 11-ounce can tomatoes or 3 medium fresh tomatoes,
peeled, seeded and cut up
- 3 eggs

Cut off and discard ends of eggplant. Slice $\frac{1}{2}$ -inch thick. Lay slices on paper towels, sprinkle with 1 teaspoon salt and let rest 20-30 minutes. Dry thoroughly.

Heat oil in a 10-inch skillet over low heat. Add onions, then eggplant slices, turning to coat with the oil. Stir in tomatoes and remaining salt. Simmer, covered, 20-30 minutes, stirring occasionally, until vegetables are very tender.

Quickly stir in unbeaten eggs. Continue stirring until eggs are set (about 30 seconds).



Hazel DeLorenzo
Portland

EGGPLANT CASSEROLE

8-10 servings

1 large eggplant, peeled in
1-inch vertical stripes,
cut in $\frac{1}{2}$ -inch slices
 $1\frac{1}{2}$ teaspoons salt, divided
1 recipe Tomato Sauce (below)
3-4 tablespoons olive oil
2 tablespoons flour
black pepper to taste
 $1\frac{1}{2}$ cups small curd cottage
cheese
1 egg
4 ounces medium Cheddar cheese,
shredded or thinly sliced

Tomato Sauce:

1 tablespoon olive oil
2-3 medium onions, chopped
3-4 cloves garlic, chopped
1 8-ounce can tomato sauce
1 large green pepper, chopped
1 teaspoon paprika or chili
powder
1 teaspoon whole oregano
1 teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper

Sprinkle eggplant with 1 teaspoon salt and let stand
20-30 minutes. Press out excess juice. Dry well.

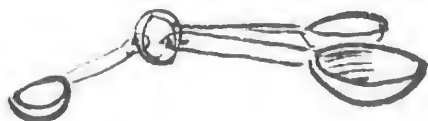
Make sauce: Heat oil in a 2-quart saucepan over low
heat. Stir in onion and garlic. Cook slowly until onions are
translucent, stirring occasionally. Add remaining sauce
ingredients. Simmer, uncovered, 6-8 minutes.

Preheat oven to 350°. Grease 1 9x9-inch square, or
2 shallow 1-quart, baking dish(es).

Heat oil in a large skillet over medium high heat.
Coat eggplant in flour mixed with $\frac{1}{4}$ teaspoon salt, and pepper
to taste. Brown both sides. Mix cottage cheese and egg.

Layer in casseroles: half each of the eggplant, sauce,
cottage cheese mixture and Cheddar. Add remaining eggplant,
cottage cheese mixture, sauce and Cheddar. Cover.

Bake 60-75 minutes for 9-inch, and 45-60 minutes for
smaller, baker(s). Uncover and bake another 15 minutes.
This casserole freezes well.



Iris Kimbark
Portland

BROCCOLI CASSEROLE
4-6 servings

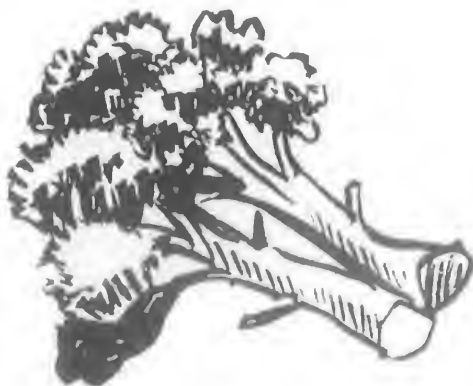
1 20-ounce package frozen cut broccoli, cooked
tender-crisp and drained
1 egg
 $\frac{1}{2}$ can cream of mushroom soup
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ cup shredded sharp Cheddar cheese
1 tablespoon grated onion
dash salt
dash black pepper
 $\frac{1}{2}$ -1 cup cheese cracker crumbs, depending on
casserole shape

Preheat oven to 350°. Grease a 1-quart casserole.

Beat egg lightly in a $1\frac{1}{2}$ -2 quart saucepan. Add remaining ingredients except crumbs and cook over medium-low heat, stirring frequently, until cheese melts.

Off-heat, add drained broccoli. Turn into casserole. Level. Top with a thin coating of crumbs.

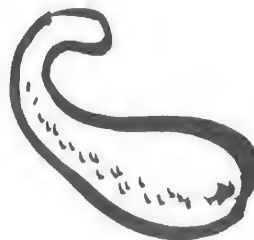
Bake 20 minutes until bubbling.



Donna Allanson
Washington, D.C.

SUMMER SQUASH SOUFFLE
4 servings

- $\frac{1}{2}$ cup water
- *2 pounds unpeeled summer squash in $\frac{1}{2}$ -inch slices
- 1 onion, sliced
- 3 eggs, beaten
- 3 tablespoons butter, softened
- 1 can cream of mushroom soup
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ cup cracker or dry bread crumbs
- $\frac{1}{4}$ cup grated Parmesan cheese



*zucchini, patty pan, or yellow

Preheat oven to 350°. Butter 2 1-quart casseroles.

Bring water to a boil in a 3-quart saucepan. Add squash and onion. Cover and cook over medium heat 8-10 minutes, just until tender. Drain well. Return to pan and shake over low heat 1-2 minutes to evaporate excess moisture. Mash.

Combine remaining ingredients and fold into squash. Divide between the casseroles. Top with crumbs and Parmesan.

Bake 30 minutes until risen and brown.

This casserole freezes well.

Rex and Mary Crouse
Portland

ZUCCHINI CUSTARD
4-5 servings

2 pounds unpeeled zucchini, cooked, drained and mashed
3 large eggs, beaten
1 small onion, grated, or 2 teaspoons Instant Minced Onion
1 cup shredded Cheddar cheese
 $\frac{1}{4}$ cup olive or salad oil
dash garlic salt
 $\frac{1}{2}$ teaspoon salt
dash black pepper
1-3 tablespoons sugar, to taste
14 saltines, crushed
1 tablespoon wheat germ

Preheat oven to 350°. Grease a 9x9-inch baking dish.

Measure all ingredients except wheat germ, in the order given, into a 3-quart mixing bowl. Mix well. Turn into casserole. Level. Sprinkle with wheat germ.

Bake about 30 minutes or until firm in center.



Anne Howell
Longview, Washington

MIXED VEGETABLE CASSEROLE

6 servings

1 cup water
 2 10-ounce packages frozen
 mixed vegetables
 $\frac{1}{2}$ teaspoon salt
 dash garlic powder
 1 tablespoon butter
 1 recipe Sherry Cheese Sauce
 (below)
 $\frac{1}{2}$ - $\frac{1}{2}$ cup breadcrumbs
 2 tablespoons melted butter

Sherry Cheese Sauce:

$\frac{1}{2}$ cup ($\frac{1}{2}$ stick) butter
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup shredded sharp Cheddar
 cheese
 3 tablespoons Sherry
 $\frac{1}{2}$ teaspoon salt

Preheat oven to 350°. Grease a 1 $\frac{1}{2}$ -quart casserole.

Bring water to a boil in a 1-quart saucepan. Add vegetables. Break up with a fork as they heat. Cover. Reduce heat to a simmer. Cook 5 minutes. Drain into a measuring cup, reserving 1 cup liquid. Toss vegetables with $\frac{1}{2}$ teaspoon salt, garlic powder and 1 tablespoon butter.

Meanwhile, make sauce (below). Off-heat, toss vegetables and sauce together.

Turn into casserole. Top with a thin layer of bread crumbs. Drizzle with melted butter.

Bake 25-30 minutes until brown and bubbling.

Sauce: Melt butter in a small, heavy saucepan or skillet over medium low heat. Stir in flour. Whisk in reserved vegetable liquid and milk. When sauce thickens, stir in cheese, Sherry and salt.

Clara Rank
 Carmel Valley, California

Chapter 9

Side Dishes

BOILING WATER BATH METHOD FOR COOKING SELECTED VEGETABLES

Vegetables prepared by this method retain color and texture, and can be prepared ahead. Use 3 to 4 times as much water as bulk of vegetables and about 1 teaspoon salt per quart of water. Thaw frozen vegetables enough to break apart.

Bring water and salt to a rolling boil. Drop in vegetables, a handful at a time, letting water resume a simmer before adding another handful. Do not cover.

Start timing to the following approximate times when water resumes a rolling boil. Vegetables should be tender-crisp.

<u>Vegetable:</u>	<u>*Approximate time, minutes</u>
asparagus	7-10
green or wax beans, whole	7
green or wax beans, 1-inch cuts	5
broccoli, split	5-7
Brussels sprouts	7
cauliflower florets	5
peas	2-3

*for frozen vegetables, allow about half the time specified on the package

Immediately drain in a colander, then immerse in ice water. Continue to run cold water over vegetables and ice cubes, tossing with hands, to stop cooking and chill quickly. Drain, dry well on paper towels, and refrigerate, covered, up to a week.

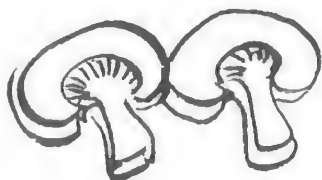
To heat: "Stir-fry" over high heat in a large skillet in butter or about 1/8 inch light chicken broth or water.

GREEN BEANS WITH MUSHROOMS

3-4 servings

- | | |
|--------------------------------|----------------------------------|
| 1½ cups cooked cut green beans | 1 2-ounce can mushrooms |
| 1 tablespoon butter | 1 teaspoon Instant Beef Bouillon |
| 1 small onion, finely chopped | ½ teaspoon Season-All |

Prepare and drain beans. Meanwhile, melt butter in a small saucepan over low heat. Stir in onion and cook slowly, stirring occasionally, until translucent. Add remaining ingredients. Cover. Bring to a boil. Add beans. Cook, uncovered, 1-2 minutes, just until beans are heated.



Gertrude Townsend
Portland

BAKED LIMA BEAN CASSEROLE

3-4 servings

- | | |
|---|---|
| 1 15-ounce can Seaside Cooked Dry Butter Beans (large lima beans) | 1 teaspoon molasses (optional) |
| 1 medium onion, thinly sliced | 2 tablespoons brown sugar, divided |
| 1/3 cup catsup | 2 tablespoons chilled butter, in small dice |
| 2 tablespoons liquid from beans | |

Preheat oven to 350°. Grease a 1-pint casserole.

Drain beans, reserving 2 tablespoons liquid. Layer in casserole half the beans, onion and remaining beans. Mix catsup, reserved bean liquid, optional molasses and 1 tablespoon brown sugar. Pour over beans. Sprinkle with remaining brown sugar and dot with butter.

Bake, covered, 30 minutes. Uncover and bake about 30 minutes more until glazed and most liquid has been absorbed.

Grace Blixt
Portland

BRUSSELS SPROUTS WITH CHESTNUTS

6-8 servings

$\frac{1}{2}$ pound chestnuts (about 1 cup, shelled)
 1 $14\frac{1}{2}$ -ounce can uncondensed chicken broth
 1 quart Brussels sprouts cooked by Boiling Water
 Bath Method (see Index), at room temperature
 4 tablespoons butter, divided
 $\frac{1}{3}$ cup sliced shallots (or sliced white part of green
 onions plus slice garlic)
 salt to taste



Chestnuts:

Cut a cross in the flat side of each chestnut. Boil in water to cover in a 1-quart saucepan 3-4 minutes. Fish out 2 or 3 at a time and remove both outer and inner shells. If a chestnut is stubborn, return to hot water.

Bring chicken broth to a boil in a 1-quart saucepan. Add shelled chestnuts. Reduce heat to a simmer and cook, covered, 10-15 minutes, just until nuts are tender. Drain, reserving broth for another purpose.

Brussels Sprouts:

Melt 2 tablespoons butter in a 10-12 inch skillet over medium low heat. Add shallots and cook slowly, stirring occasionally, until they begin to take color. Do not brown.

Just before serving, add remaining butter. Heat over high heat, stirring. Add Brussels sprouts and stir-fry 2-3 minutes just until piping hot. Add nuts and toss gently until hot. Add salt if needed.

Lucille Howell
 Portland

Chestnuts are perishable. Shell as soon as possible. Freeze raw or cooked. When intended for desserts, cook in milk.

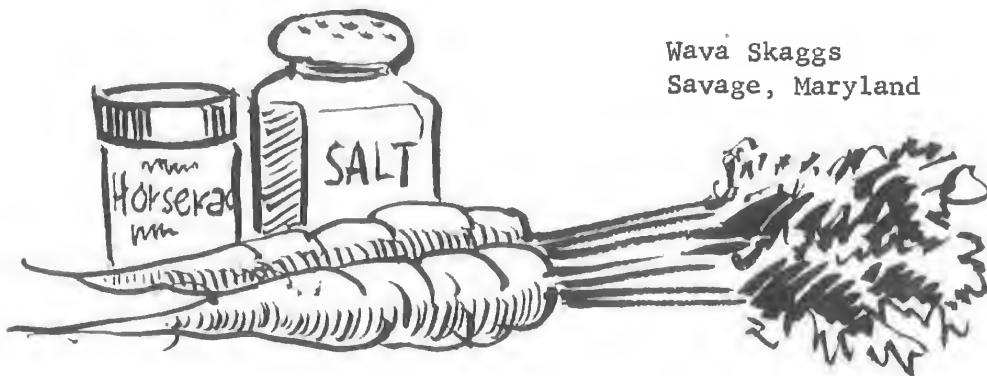
SHARP CARROTS
6 servings

6-8 hot cooked sliced carrots
1 cup carrot liquid
2 tablespoons grated onion
2 tablespoons prepared horseradish
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{4}$ cup dry bread crumbs
1 tablespoon butter, softened
paprika

Preheat oven to 375°. Grease a 1-quart baking dish.

Arrange carrots in baking dish. Mix carrot liquid with onion, horseradish, mayonnaise, salt and pepper. Pour over carrots. Mix breadcrumbs with butter and sprinkle over top. Sprinkle with paprika.

Bake 15 minutes until bubbling and lightly browned.



Wava Skaggs
Savage, Maryland

CAULIFLOWER WITH CURRY SAUCE

6-8 servings

1 medium head cauliflower, broken into florets, cooked tender-crisp and drained

Curry Sauce:

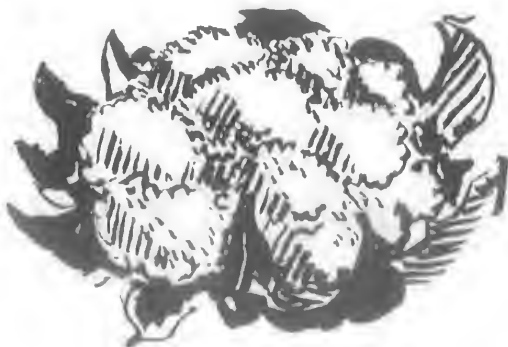
- $\frac{1}{2}$ cup SACO Cultured Buttermilk Powder (no substitute)
- *1 tablespoon flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon curry powder
- 1 cup cold water
- 1 tablespoon butter

*Use $1\frac{1}{2}$ tablespoons if a thicker sauce is desired.

Prepare cauliflower. Make sauce (below). Pour over hot, drained cauliflower. Serve immediately.

Sauce: Combine buttermilk powder, flour, salt and curry powder in a 1-quart saucepan. Stir in water until well blended. Add butter. Heat over medium heat, stirring constantly, until sauce thickens (about 5 minutes).

Variations: Sauce can be used also for broccoli, Brussels sprouts or asparagus.



Hazel DeLorenzo
Portland



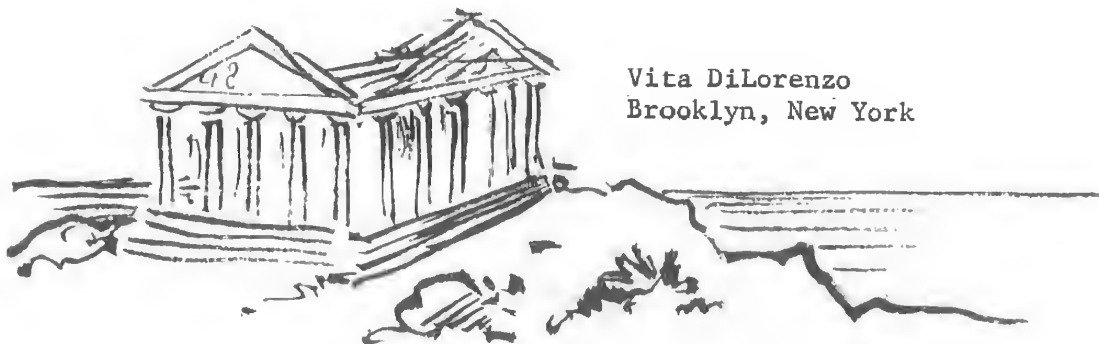
SICILIAN EGGPLANT 4-6 servings

- | | |
|---------------------------------------|---|
| 1 medium eggplant | $\frac{1}{2}$ teaspoon basil, crushed |
| 2 teaspoons salt, divided | $\frac{1}{4}$ teaspoon whole thyme,
crushed |
| 1 egg | $\frac{1}{4}$ teaspoon whole marjoram,
crushed |
| 1 tablespoon water | 1 cup toasted wheat germ or
bread crumbs |
| 1 tablespoon fresh parsley,
minced | $\frac{1}{4}$ cup Bertolli olive oil |
| 1 clove garlic, finely
chopped | |

Cut off and discard ends of eggplant. Slice $\frac{1}{3}$ - $\frac{1}{2}$ inch thick. Lay on paper towels and sprinkle with 1 teaspoon salt. Let stand 20-30 minutes. Dry thoroughly.

Beat egg lightly with water. Stir in parsley, garlic, basil, thyme, marjoram and remaining salt.

Heat oil in a large skillet over medium heat. Dip eggplant slices into egg mixture and then into wheat germ or bread crumbs, shaking off excess. Saute in the oil until brown and tender, turning once (15-20 minutes).



Vita DiLorenzo
Brooklyn, New York

CREAMED NEW POTATOES AND PEAS 4-6 servings

16-18 small new potatoes
water to cover
1 teaspoon salt
1 recipe Cream Sauce (below)
1 cup cooked fresh peas

Cream Sauce:
2 tablespoons butter
2 tablespoons flour
*1-1½ cups rich milk
½ teaspoon salt
1/8 teaspoon white pepper

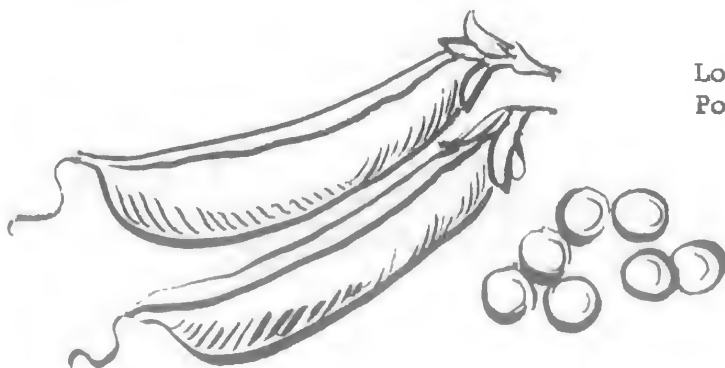
*half may be light cream

Scrub potatoes with a stiff brush or clean pot scrubber to remove skins. Immediately drop into a 2-quart saucepan with enough water to cover. Add salt. Boil, covered, over medium heat 20-30 minutes until fork-tender. Drain. Return to saucepan and let stand in a warm place 5 minutes, covered.

Meanwhile, make sauce (below). Add peas and heat through.

Turn potatoes into a warm serving bowl. Pour sauce over top. Serve immediately.

Sauce: Heat butter in a small skillet over medium low heat. Stir in flour. Whisk in 1 cup milk with salt and pepper. Simmer, uncovered, stirring occasionally, 10 minutes. Thin to desired consistency with additional milk.



Louise Howell
Portland

SWEET POTATO CASSEROLE

3-4 servings

2 unpeeled medium sweet potatoes	1 large egg
water to cover	$\frac{1}{2}$ cup raisins
1 tablespoon butter	dash nutmeg
1 tablespoon maple syrup	$\frac{1}{4}$ cup chopped nuts or
$\frac{1}{2}$ teaspoon salt	sunflower seeds

Cook sweet potatoes in water to cover in a covered 2-quart saucepan over medium heat 25-30 minutes until tender. Drain and cool slightly.

Meanwhile, preheat oven to 350°. Butter a 3-4 cup casserole.

Peel potatoes. Add butter, maple syrup and salt. Beat with an electric mixer at low speed until mixed, then at medium high speed until fluffy. Beat in egg. Fold in raisins. Turn into casserole. Sprinkle top with nutmeg, then nuts or seeds.

Bake 20-25 minutes.

Hazel DeLorenzo
Portland



TOMATOES PESTO

2 servings

2 large summer-ripe tomatoes, halved horizontally
 about 4 tablespoons Pesto (see Index)
 about 2 teaspoons pine nuts (optional)

Preheat broiler.

Set tomatoes in a small pan. Spread tops with Pesto.
 Scatter optional pine nuts on top.

Broil about 6 inches from heat 5-10 minutes, just
 until heated through.



Juanita Salta
 Portland

QUICK ZUCCHINI CASSEROLE

4-6 servings

1 medium zucchini, sliced	about 3/4 cup seasoned or
1 small onion, finely chopped	unseasoned croutons
1 8-ounce can stewed tomatoes	1/2 cup shredded Cheddar cheese

Preheat oven to 350°-375°. Grease a shallow 1-quart
 baking dish.

Arrange zucchini slices in casserole. Sprinkle onion
 on top. Pour tomatoes over. Cover top with croutons and
 a thin sprinkling of cheese.

Bake about 30 minutes, until liquid is absorbed and
 zucchini is tender-crisp.

Grace Blixt
 Portland

GARDEN JAMBALAYA

6-8 servings

- 1/3 cup thinly sliced onion
- 1/2 cup diced celery
- 3 tablespoons butter
- *4 cups assorted fresh garden vegetables
- 2 teaspoons instant chicken bouillon granules
dissolved in 2 cups hot water
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon lemon juice
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1/3 cup Minute Rice



- * sliced summer squash, green beans, corn kernels, green pepper strips, tomato wedges, or any combination of fresh-from-garden vegetables

Cook onions and celery in butter in a 10-inch skillet over medium heat (350° in an electric fry pan) until onions are translucent.

Stir in vegetable medley, reserving vegetables such as tomatoes which only need heating. Add 1 cup of the bouillon, salt, pepper, and lemon juice. Dissolve cornstarch in water. Stir gradually into vegetables. Make a well in center. Pour in rice. Pour remaining bouillon evenly over rice. Cover. Reduce heat to a simmer.

Cook about 5 minutes, until vegetables are tender-crisp. Add any reserved vegetables and heat through.

ad libitum

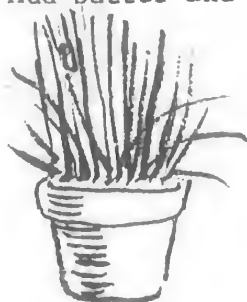
Lucy Rice
The Dalles, Oregon

CHIVE NOODLES

6-8 servings

1 pound egg noodles, cooked to package directions
 ½ cup (½ stick) butter
 1/3-½ cup chopped chives

))) Drain noodles thoroughly. Return to hot pan.
 Add butter and chives. Toss to mix well.



Louise Howell
 Portland

BASIC BAKED RICE PILAF

4-6 servings

2 tablespoons butter
 1 small onion, chopped
 1 cup converted rice

*2½ cups stock or broth
 seasonings
 1-2 tablespoons butter (optional)

*chicken, meat, fish

Preheat oven to 350-375°.

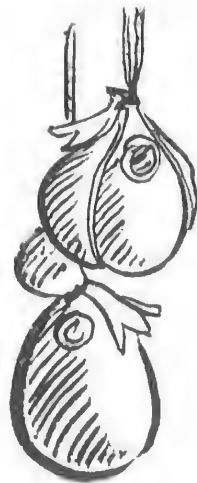
Heat 2 tablespoons butter in a 1-quart flame-proof casserole over medium low heat. Add onion and cook slowly just until translucent. Stir in rice until grains are coated. Stir in liquid and seasonings. Cover. Bring to a boil. Set in oven.

Bake 20-25 minutes until liquid is absorbed and rice is tender. Let stand, covered, off-heat 5 minutes. Add optional butter and fluff with a fork.

For a main dish pilaf, use a 1½-quart casserole. Stir in 1½ cups diced cooked chicken, meat, fish or shellfish, or a combination, the last 5 minutes of cooking.

LAZY RISOTTO ALLA MILANESE
5-6 servings

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter, divided
1 medium onion, finely chopped
1 cup converted rice
 $2\frac{1}{2}$ cups plus 2 tablespoons light chicken broth
 $\frac{1}{4}$ teaspoon saffron threads
2-3 tablespoons grated Parmesan cheese



Preheat oven to 350°.

Melt 2 tablespoons butter in a 1-quart flame-proof casserole over medium low heat. Add onion and cook slowly just until onion starts to color. Stir in rice and toss to coat rice grains.

Meanwhile, combine saffron with 2 tablespoons chicken broth and set aside.

Stir $2\frac{1}{2}$ cups broth into rice. Cover. Bring to a boil. Set in oven.

Bake 15-20 minutes until most liquid has been absorbed and rice is nearly tender. Stir in saffron mixture and bake another 5 minutes, until rice is tender and all liquid is absorbed.

Let stand off-heat 5 minutes to steam and fluff rice. Toss with remaining 2 tablespoons butter and the Parmesan.

poco più lento

Lucille Howell
Portland

HAM-ALMOND KASHA
6-8 servings

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter or oil
1 medium onion, chopped (about $\frac{1}{2}$ cup)
1 cup bulgar
2 cups hot water
2 teaspoons chicken bouillon granules
1 cup diced ham
 $\frac{1}{2}$ cup slivered blanched almonds
dash black pepper
1 cup diced celery



Heat butter or oil in a 12-inch skillet over medium low heat. Add onion and cook, stirring occasionally, until translucent. Increase heat to medium. Add bulgar. Cook, stirring constantly, until lightly browned and grains are coated.

Stir in hot water. Add remaining ingredients except celery. Reduce heat to low. Cover and simmer slowly about 25 minutes until bulgar is nearly done.

Stir in celery. Cook another 5 minutes until all liquid is absorbed and bulgar is tender. Celery should remain crisp.

Variation: Substitute 6-8 slices crisp-cooked and well-drained bacon, crumbled, for ham.



Frank Gesley
Eugene

Chapter 10

Salads

LAYERED BUFFET SALAD 16-20 servings

1 head iceberg lettuce,
shredded
2 stalks celery, sliced
1-2 green peppers, chopped
2 medium carrots, shredded
1 8-ounce can water chestnuts,
sliced
 $\frac{1}{2}$ - $\frac{3}{4}$ cup sliced ripe olives
6-8 green onions, sliced
 $\frac{1}{4}$ 20-ounce package frozen peas
about 2 cups mayonnaise

Garnishes:

$\frac{1}{2}$ - $\frac{3}{4}$ cup shredded Cheddar
cheese
4 hard boiled eggs, sliced
2 medium tomatoes, thinly
sliced
8-10 ripe olives (optional)
6-8 slices bacon, diced,
crisp-cooked and
drained
paprika

Layer salad ingredients except mayonnaise in a 9x13-inch glass baking dish. Seal top with mayonnaise. Chill, covered, several hours or over night.

Shortly before serving, sprinkle cheese over top. Arrange egg slices in a vertical row down center. Border on each side with tomato slices. Tuck in optional olives. Scatter bacon over eggs or along edges. Sprinkle with paprika.

Reseal any leftovers with a fresh coating of mayonnaise.



Grace Blixt
Portland

Langsam

SEVEN-LAYER SALAD

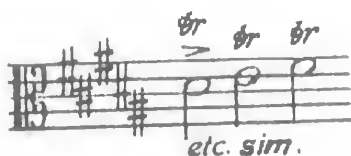
15 servings

1 pound bacon, cooked crisp,
drained and crumbled
8 hard boiled eggs, sliced
1 head lettuce, chopped
1 package fresh spinach,
chopped

2 10-ounce packages frozen
peas, partly thawed
1 medium onion in paper-
thin slices
 $\frac{1}{2}$ pound Swiss cheese, slivered
2 cups mayonnaise

Prepare bacon and eggs and set aside. Layer ingredients in a large bowl in the following order: lettuce, spinach, peas, eggs, onion, bacon and cheese. Spread mayonnaise over top to seal. Cover with plastic wrap. Refrigerate over night.

Toss salad just before serving.



Wava Skaggs
Savage, Maryland

OLD FASHIONED WILTED LETTUCE

4 servings

4 slices bacon, cut in squares
1 quart leaf lettuce, torn into
bite-size pieces, or iceberg
lettuce cut in 1-inch pieces
4 green onions, sliced

3 tablespoons cider vinegar
2 teaspoons sugar
dash salt
dash black pepper

Cook bacon over low heat in a 10-inch skillet until crisp, stirring frequently. Remove with a slotted spoon to paper towels to drain.

Pour off bacon grease except about 2 tablespoonfuls. Stir in vinegar, sugar, salt and pepper. Add lettuce and bacon. Increase heat to medium high, tossing constantly, until hot.

sempre spicc



Louise Howell
Portland

SPINACH SALAD WITH POPPYSEED DRESSING

4-6 servings

- 1 head Romaine lettuce
- 1 bunch spinach
- 1 cup cottage cheese
- 4-6 strips well-drained crisp bacon, crumbled

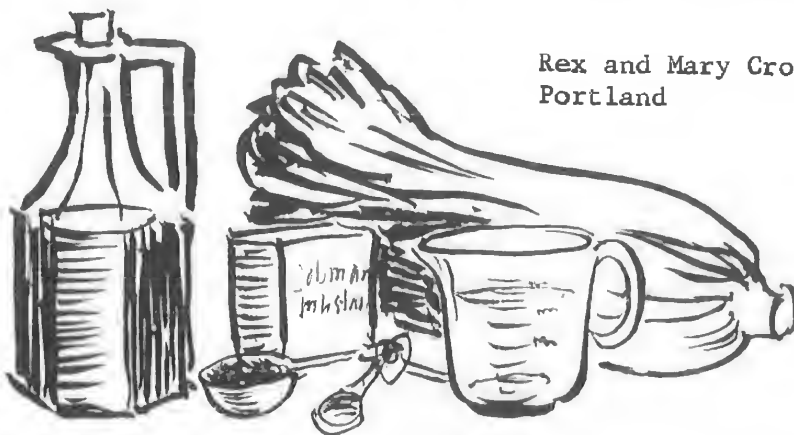
Poppyseed Dressing: (about 1 cup)

- 1/3 cup cider vinegar
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 2 tablespoons poppy seeds
- 1 tablespoon onion juice
- 2/3 cup oil

Tear lettuce and spinach leaves into bite-sized pieces. Toss with cottage cheese and bacon in a large bowl.

Whisk dressing ingredients except oil in a small bowl until salt and mustard dissolve. Whisk in oil.

Toss salad with just enough dressing to coat leaves. Refrigerate remaining dressing in a tightly capped jar.



Rex and Mary Crouse
Portland

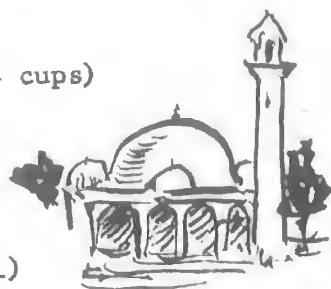
CACIK
(TURKISH CUCUMBER AND YOGURT SALAD)
6-8 servings

- 3 large cucumbers, peeled, halved and sliced
- 1 tablespoon salt
- 1 recipe Turkish Yogurt Dressing (below)
- *2-3 tablespoons chopped fresh mint leaves and/or fresh dill sprigs of fresh mint an/or dill for garnish, when available

*substitute 1 teaspoon dried

Turkish Yogurt Dressing: (about 1-3/4 cups)

- 1½ cups plain yogurt
- ½ cup white wine vinegar
- 3 cloves garlic, crushed
- cold water (see instructions)
- 1 teaspoon dillweed
- 3/4-1 teaspoon salt to taste (optional)



Combine cucumbers and salt. Let stand 1 hour. Drain in a colander. Rinse thoroughly, drain and dry on paper towels.

Mix cucumbers and dressing. Chill 3-4 hours.

Serve very cold, sprinkled with mint and/or dill. Garnish with optional mint and/or dill sprigs.

Dressing: Combine yogurt, vinegar, garlic, dillweed and salt. Thin with a little water if necessary for a creamy sauce.



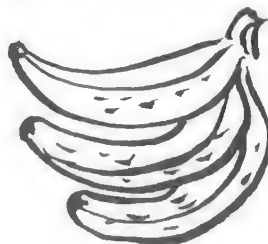
Ann Parker
Portland

BANANA-PINEAPPLE SALAD
4 servings

- 1 15-16 ounce can unsweetened pineapple tidbits
- 1 recipe Pineapple Dressing (below)
- 2 bananas, sliced
- 1½ cups diced apples and/or fresh seedless grapes

Pineapple Dressing:

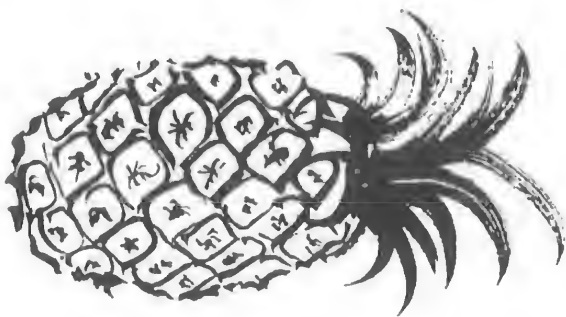
- 1 egg
- juice from salad pineapple
- 1 tablespoon cider vinegar
- 3 tablespoons sugar
- 1 tablespoon flour
- dash salt



Drain pineapple, reserving juice for dressing, and 1 cup pineapple for salad. Make and chill dressing (below).

Toss 1 cup pineapple tidbits with bananas and apples and/or grapes. Add dressing and toss to mix well.

Dressing: Whisk egg in a small saucepan until blended. Stir in juice from the pineapple and vinegar. Set over medium low heat. Combine sugar, flour and salt, and whisk in. Simmer, whisking occasionally, until the consistency of mayonnaise. Chill, covered. Stir before using.



Mary Fax
The Dalles

HOLIDAY SALAD
6 servings

- 1 28-ounce can pears
- 1 3-ounce package lime gelatin
- 1 3-ounce package Philadelphia Cream Cheese, cubed
- $\frac{1}{2}$ pint whipping cream
- $\frac{1}{4}$ cup chopped nuts (optional)
- $\frac{1}{2}$ cup chopped marachino cherries (optional)

Drain pears, reserving 1 cup juice. Puree pears and set aside. Bring juice to a boil. Off-heat, dissolve gelatin in the juice. Stir in cream cheese until blended. Chill until jelly-like.

Whip cream. Stir pears into gelatin mixture, then fold in whipped cream. Fold in optional nuts and/or marachino cherries. Pour into a 4-cup mold.

Chill several hours or over night until set and flavors blend.

Variation: Use canned peaches and peach gelatin.

Jackie Montagne
Sumner Washington

HONEY DRESSING FOR FRUIT
SALADS AND COLE SLAW
Servings variable

Mix together: 2 parts mayonnaise, 1 part honey, 1 part cider vinegar.



Hazel DeLorenzo
Portland

RICE SALAD 8-10 servings

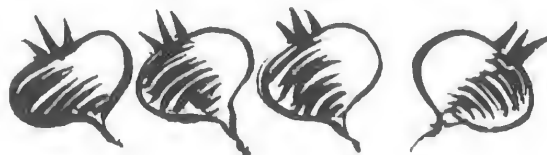
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| 1 cup converted rice, cooked, hot | dash black pepper |
| 2 tablespoons Instant Minced Onion | 3-4 hard boiled eggs, divided |
| 2 medium stalks celery, finely chopped | $\frac{1}{2}$ - $\frac{3}{4}$ cup mayonnaise |
| 2-3 tablespoons chopped green pepper | paprika |
| $\frac{1}{2}$ cucumber, peeled and chopped | |
| 2-3 tablespoons minced parsley | |
| 4-5 medium radishes, chopped | |
| 1 tablespoon chopped chives (optional) | |
| 5-6 medium stuffed olives, chopped | |
| 5-6 ripe olives, chopped | |
| 3 tablespoons sweet pickle relish or chopped sweet pickle | |
| 2 tablespoons chopped dill pickle | |
| juice of $\frac{1}{2}$ large lemon | |
| 2 teaspoons Dijon mustard | |
| 3 drops Tabasco Sauce | |

Optional Garnishes: Any or all of:

- remaining hard boiled eggs from salad, in slices or wedges
- radish roses
- stuffed or ripe olives, whole or sliced
- pickle chunks, slices or fans
- scored unpeeled sliced cucumber
- small tomato wedges or small cherry tomatoes
- green onion fans or slices
- parsley frills

Let rice stand, covered, 5 minutes after cooking. Fluff with a fork. Turn into a large mixing bowl. Toss it lightly with next 11 ingredients. Toss again with lemon juice, mustard, Tabasco and pepper. Seal with plastic wrap and refrigerate over night to 2-3 days.

Several hours before serving, toss. Chop 2 of the eggs and add with enough mayonnaise to coat rice. Turn into a large serving bowl. Flatten top. Garnish. Dust generously with paprika. Seal with plastic wrap and refrigerate until needed.



Lucille Howell
Portland

EXOTIC CHICKEN OR TURKEY SALAD
12 servings

- 2 quarts coarsely cut cooked turkey or chicken breasts
(about 3 pounds raw)
- 1 large can water chestnuts, rinsed, drained and sliced or
diced
- 2 pounds fresh seedless green grapes (optional)
- 2 cups chopped celery
- 2-3 cups slivered almonds, divided
- 1 recipe Curry Dressing, below
- lettuce leaves
- 1 15-ounce can pineapple chunks or 1 can litchi nuts, drained

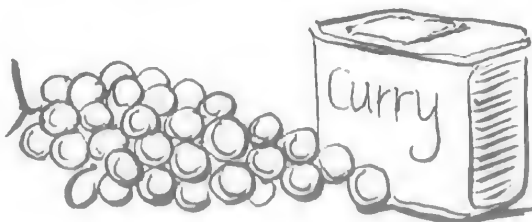
Curry Dressing:

- 1 cup mayonnaise
- 1 tablespoon curry powder
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice (optional)

Toss chicken, water chestnuts, optional grapes, celery and 2 cups almonds together in a large bowl to mix well. Toss with Curry Dressing (below). Cover and chill several hours or over night.

Line a large serving plate with lettuce leaves, or set lettuce cups on individual plates. Pile salad on leaves or spoon into cups. Garnish with optional remaining almonds and pineapple chunks or litchi nuts.

Dressing: Combine all dressing ingredients.



Lucy Rice
The Dalles

CHINESE CHICKEN SALAD

6 servings

oil for deep fat frying
 2 ounces Ty Mai Fun (Chinese rice noodles)
 ½ pound cooked, skinned, boned chicken breast, shredded
 2 cups shredded iceberg lettuce
 2 cups shredded spinach or leaf lettuce
 4 green onions, chopped
 ½ cup alfalfa sprouts (optional)
 1 recipe Chinese Dressing (below)
 2 tablespoons toasted sesame seed
 2 tablespoons toasted slivered almonds

Chinese Dressing: (about ¾ cup)

1 tablespoon sugar
 ½ teaspoon salt
 ½ teaspoon black pepper
 3 tablespoons Chinese rice or white vinegar
 ½ cup sesame or salad oil



Heat oil in fryer to 380°. Drop in noodles, a few at a time, and fry until puffed and brown. Drain on paper towels and set aside.

Toss chicken, greens, onions and optional sprouts together until well mixed.

Just before serving, toss with reserved fried noodles and just enough dressing to coat ingredients well. Sprinkle sesame seed and almonds on top.

Dressing: Whisk or shake all ingredients except oil until sugar and salt are dissolved. Whisk or shake with oil.

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Kristen Tooley
 Portland

MOLDED SHRIMP SALAD
8-10 servings

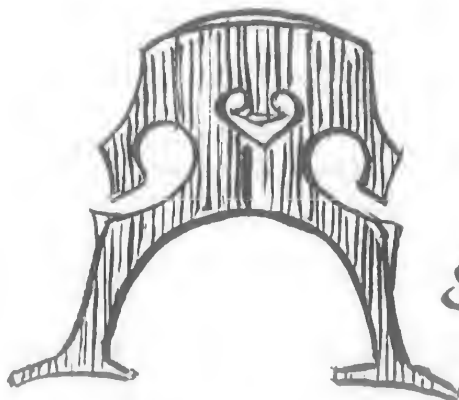
1 3-ounce package lemon gelatin
2/3 cup boiling water
2/3 cup cold water
1 teaspoon lemon juice
1/4 teaspoon salt
1 cup mayonnaise
1 tablespoon grated onion
1/2 cup chopped or broken walnuts
1 cup diced celery
6-8 ounces cooked and chilled tiny Pacific shrimp
(canned, frozen or fresh)

Dissolve gelatin in boiling water. Stir in cold water, salt and lemon juice. Chill until softly set.

Whisk or beat with an electric mixer until frothy. Beat in mayonnaise. Fold in remaining ingredients. Turn into a 1½-quart casserole or 9-inch square baking dish.

Chill several hours until set.

Ann Neuman
Portland



Smorzando

Chapter 11

Breads

PULLA (FINNISH BRAIDED CARDAMOM COFFEE BREAD) 3 loaves

$\frac{1}{2}$ cup warm water (105-115°)
 1 packet dry yeast
 2 cups milk, scalded
 $\frac{1}{2}$ cup (1 stick) butter
 3 eggs, beaten
 $\frac{3}{4}$ cup sugar
 1 teaspoon salt

seeds from 8 cardamom pods, crushed
 about 8 cups sifted flour

Vanilla Glaze:

1 cup sifted confectioners sugar
 2 tablespoons milk
 $\frac{1}{2}$ teaspoon vanilla

Dissolve yeast in warm water. Let stand until needed. Melt butter in milk in a large bowl. Cool to warm. Stir in yeast mixture, eggs, sugar, salt and cardamom. Gradually sift in flour, stirring. When too heavy to stir, work in by hand until a soft, manageable dough that will clear the bowl forms.

Knead vigorously on a floured board 10-15 minutes until smooth and elastic. Form into a ball. Return to bowl. Cover with a cloth. Let rise until doubled in bulk.

Grease a 14x18-inch baking sheet and set aside. Punch dough down. Knead about a minute. Cut in thirds. One piece at a time, cut into thirds and roll into ropes. Pinch together at one end. Braid. Pinch ends together. Set loaves crossways on baking sheet, well separated. Cover. Let rise until doubled.

Preheat oven to 350°. Bake 20-25 minutes. Cool slightly in pan on a rack. Brush with glaze while still warm. Cool on rack.

Glaze: Mix all ingredients.

Variations: Use dough for cinnamon rolls or butternorns.



Esther Hukari
 Hood River

HURRY-HURRY BREAD OR DINNER ROLLS

1 large loaf or 2 small loaves or 12 dinner rolls

$\frac{1}{2}$ cup warm water (105-115°)	2 teaspoons sugar
$\frac{1}{8}$ teaspoon ground ginger	$\frac{1}{2}$ - $\frac{2}{3}$ cup warm water
1 teaspoon sugar	flour for board
2 packages granulated yeast	cornmeal for pan
$2\frac{1}{2}$ cups flour	cold water
$1\frac{1}{2}$ teaspoons salt	boiling water for oven

Mix first 4 ingredients in a 1-cup measuring cup. Let stand until mixture fills cup (5-7 minutes).

Rinse a bowl with hot tap water, dry, and spray with a non-stick spray. Add and mix flour, salt and second sugar measure. Stir in yeast mixture, then enough warm water to make a firm, but not dry, dough that cleans bowl. Knead vigorously on a lightly floured board until satiny and elastic, adding a little flour if necessary (about 5 minutes). Form into a ball and return to bowl. Cover and let rise until doubled (15-20 minutes).

Sprinkle a 14x18-inch (for loaves) or 10x17-inch (for rolls) baking sheet generously with cornmeal. Put on teakettle.

Punch dough down. Knead 30 seconds on floured board. Shape as shown below. Set on baking sheets, well separated. Slash tops as shown, brush with cold water, and set in cold oven with a 9-inch skillet of boiling water on oven floor. Turn on oven to 400°.

Shape:

roll into 1 large loaf
 roll into 2 small loaves
 shape into 12 round rolls
 2 inches in diameter
 roll into 12 logs 3 inches
 long by 1 inch diameter

Slashes:

diagonal
 diagonal
 cross

 diagonal

Baking Time:

40-45 minutes
 25-30 minutes
 25-30 minutes

 25-30 minutes

*Molto
 accelerando*

Lucille Howell
 Portland



HAZEL'S BREAD

2 9x5-inch loaves



$\frac{1}{2}$ cup warm water (105-115°)
 1 packet granulated yeast
 2 teaspoons malted barley flour
 1 cup boiling water
 2 tablespoons butter
 1 cup cold water

2 tablespoons brown sugar
 $2\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ cup SACO Cultured Buttermilk Powder (no substitute)
 3 cups graham flour
 3 cups unbleached white bread flour

Combine yeast and malted barley flour with warm water and let stand until needed (5-10 minutes). Melt butter in boiling water in a large mixing bowl. Add cold water. Whisk in sugar, salt and buttermilk powder until dissolved. Cool to comfortably warm.

Stir in yeast mixture. Add graham and then white flours, $\frac{1}{2}$ cup at a time, spoon-beating well after each addition, until dough is too heavy to beat. Cut in remaining flour with a knife, turning with a spoon, to incorporate completely. Let rest 10-15 minutes.

Knead vigorously on a floured board until smooth and elastic (5-10 minutes). Form into a ball. Put in a generously oiled bowl, turning to coat all surfaces. Cover with waxed paper and let rise until doubled in bulk ($1\frac{1}{2}$ -2 hours).

Oil 2 9x5-inch loaf pans. Punch down dough and divide in half. Knead 2-3 minutes, shape into loaves and set in pans. Cover and let rise 1 hour.

Set in a cold oven. Turn oven on to 375°. Bake about 45 minutes until a loaf sounds hollow when thumped on bottom. Immediately turn loaves out onto a rack to cool.

Variations: Substitute for graham and white flours: 3 cups rye flour with 3 cups unbleached white bread flour; or 2 cups soya, barley or rice flour with 4 cups unbleached white bread flour.

Hazel DeLorenzo
Portland

IRISH WHEATEN BREAD

1 loaf

*2 cups wheaten flour	1 teaspoon salt
2 cups flour	1-3/4-1 cup buttermilk
1 teaspoon baking soda	

*equal quantities of whole wheat flour, oatmeal pulverized in a blender, other flours

Preheat oven to 450°. Set out an ungreased 8-inch cake pan.

Fork-mix and fluff flours, soda and salt. Stir in just enough buttermilk to make a manageable dough. Flour hands and shape into a ball. Place in pan. Score top with a sharp knife.

Bake 55-60 minutes, until loaf sounds hollow when thumped on bottom, or a skewer inserted in center comes out clean.

Cool on a wire rack before cutting.



Pat Hughes
Rye, Colorado



Working with Yeast:

Knead yeast doughs vigorously, lifting and slamming down on the board occasionally, to release the gluten. Whole grain and non-wheat flours may take twice the kneading time of white flours.

Let yeast mixtures rise in a warm, draft-free place such as a pilot-lit gas oven or on top of the refrigerator. To tell when dough has doubled in bulk, stick a finger in the side. If the hole remains open, the dough is ready. If dough over-rises, punch down and let rise again.

BUTTERMILK CORNBREAD 4 medium-sized pieces

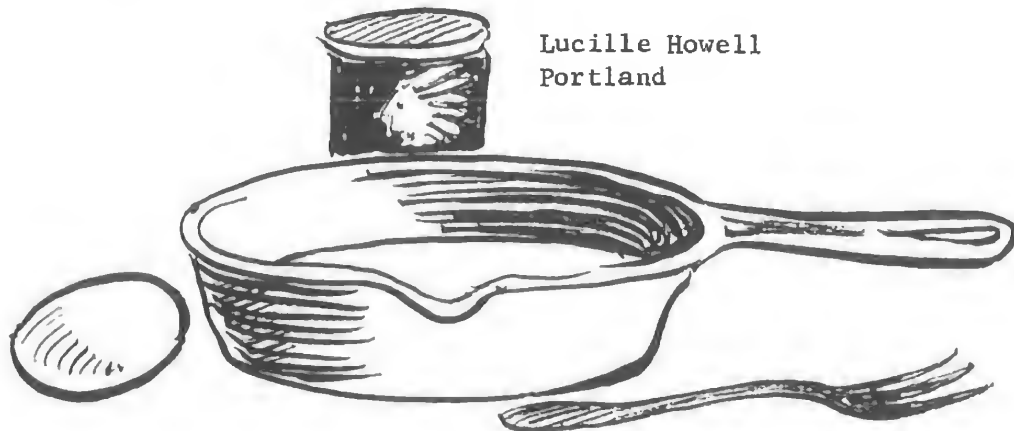
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|---|------------------------------------|
| 2 tablespoons butter | 2 teaspoons sugar |
| $\frac{1}{2}$ cup flour | 1 teaspoon baking powder |
| $\frac{1}{2}$ cup yellow cornmeal | $\frac{1}{4}$ teaspoon baking soda |
| 3 tablespoons SACO Cultured Buttermilk Powder (no substitute) | $\frac{1}{8}$ teaspoon salt |
| | $\frac{1}{2}$ cup warm tap water |
| | 1 large egg |

Preheat oven to 425°. Melt butter in a 6-inch cast iron skillet in the heating oven. Remove promptly. Keep pan hot.

Fork-mix and fluff flour, cornmeal, Buttermilk Powder, sugar, baking powder, soda and salt. Add egg and melted butter to water. Fork-beat until well blended. Stir into cornmeal mixture, just until all ingredients are moistened. Batter will be soft and slightly lumpy. Pour into hot skillet.

Bake 15-20 minutes until brown and crusty.

To Double: Double ingredients, including salt. Bake 25-30 minutes in a 9-inch cast iron skillet.



Lucille Howell
Portland

QUICK STREUSEL COFFEE CAKE 1 8-inch square cake

Cake:

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter
1 recipe Streusel, below
1 cup flour
 $\frac{1}{2}$ teaspoon salt
 $2\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ cup milk
1 large egg
 $1\frac{1}{2}$ teaspoons vanilla

$\frac{1}{2}$ cup light brown sugar

Streusel:

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter, softened
 $\frac{1}{4}$ cup light brown sugar
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg

Preheat oven to 350°. Melt butter in an 8x8-inch square baking dish in the heating oven. Remove promptly.

Mix all Streusel ingredients until crumbly and set aside.

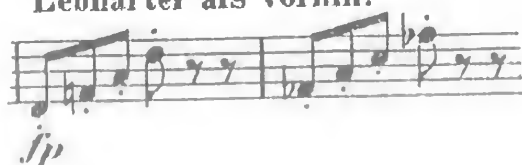
Fork-mix and fluff flour, salt and baking powder in a 1-quart mixing bowl. Whisk milk, egg, vanilla and brown sugar together. Whisk in melted butter. Stir into flour mixture with a few quick strokes, just until all ingredients are moistened. Batter should be slightly lumpy. Turn into baking dish and spread evenly. Cover top evenly with Streusel. Gently pat down.

Bake 20-30 minutes until brown, and a toothpick inserted in center comes out clean.

Cool 10-15 minutes in pan on a rack before cutting in squares.

Serve hot or at room temperature.

Lebhafter als vorhin.



Lucille Howell
Portland

PUFFY POPOVERS 8 large popovers

6 tablespoons margarine
2 cups milk
6 eggs

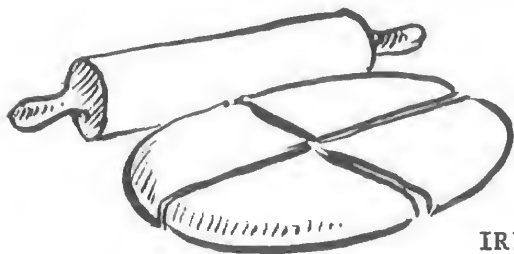
2 cups flour
dash salt

Preheat oven to 375°. Grease 8 $\frac{1}{2}$ -cup souffle or custard cups. Refrigerate while preparing batter.

Melt margarine. Whisk milk and eggs until well blended. Whisk in margarine. Gradually whisk in flour. Beat 1 minute. Divide between chilled cups, nearly filling them.

Bake 30-40 minutes, until puffed and brown. Do not open oven first 20 minutes. Slit tops. Bake 10 minutes more.

Serve immediately with butter and honey.



Lois Pope
Portland

leggiéro

IRISH FARLS

2 cups flour
1 teaspoon baking soda

$\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ -1 cup buttermilk

Fork-mix and fluff flour, soda and salt. Stir in just enough buttermilk to make a firm dough. Roll out on a floured board to an 11-inch circle. Cut into quarters.

Heat an ungreased 12-inch cast iron skillet over medium heat. Place farls in pan. Bake, uncovered, 10-15 minutes until brown. Turn. Bake another 10-15 minutes until brown and cooked through.

Serve hot or cold.

Pat Hughes
Rye, Colorado

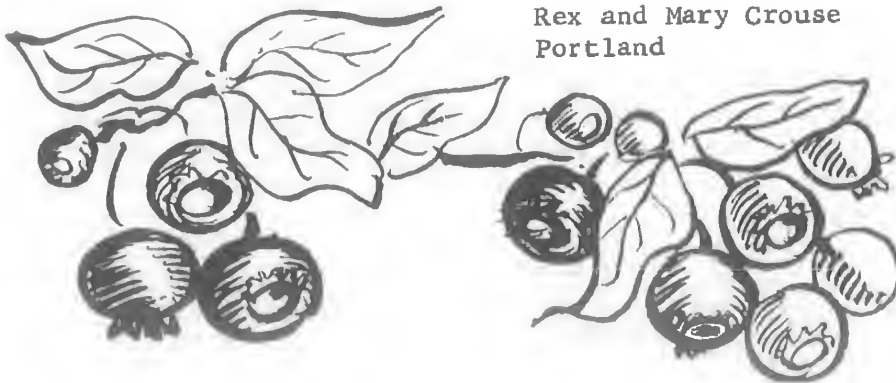
BLUEBERRY MUFFINS
18 muffins

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter, softened
2 eggs
1 cup sugar
 $\frac{1}{2}$ teaspoon salt
2 cups flour
2 teaspoons baking powder
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla
2 cups frozen blueberries, thawed and drained well
on paper towels

Preheat oven to 350°. Grease 3 6-cup muffin pans.

Beat butter, eggs, sugar and salt until smooth with an electric mixer. Add flour, baking powder, milk and vanilla. Beat at low speed until blended, then at medium speed 2 minutes. Fold in blueberries. Divide between muffin cups.

Bake 25-30 minutes, until puffed and brown.



Rex and Mary Crouse
Portland

PECAN-PEAR BREAD

1 9x5-inch loaf

Bread:

*1 16-ounce can pear halves
 2½ cups flour
 ½ cup sugar
 1 tablespoon baking powder
 1 teaspoon salt
 1/8 teaspoon nutmeg
 dash baking soda (optional)

1 egg, beaten
 ¼ cup salad oil
 grated zest of 1 orange
 ½ cup chopped pecans

Orange Glaze:

1 cup confectioners sugar
 1½ tablespoons orange juice



*or drained home-canned pears to make
 1 cup puree, plus 1 pear half (about
 1 pint)

Preheat oven to 350°. Grease a 9x5-inch loaf pan.

Drain pears, reserving some syrup. Set aside 1 large pear half for garnish. Puree remaining pears to make 1 cup puree, adding a little syrup, if necessary.

Fork-toss and fluff flour, sugar, baking powder, salt, nutmeg and optional soda in mixing bowl. Combine pureed pears with egg, oil and orange zest. Stir into flour mixture with pecans and, if necessary, a little additional syrup to make a stiff dough. Spread in pan. Slice pear half and arrange on top.

Bake 50-60 minutes until toothpick inserted near center comes out clean. Cool in pan on a rack 5 minutes, then turn onto rack. Mix glaze and spoon over top of warm bread. Cool completely, then wrap in foil. Let stand over night before slicing.

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Betty Lampman
 Parkdale

ITALIAN PRUNE TEA BREAD

2 9x5-inch loaves

Bread:

2 cups diced Italian prunes
 1 cup coarsely chopped
 walnuts
 2-3/4 cups flour
 1 teaspoon salt
 1 teaspoon cream of tartar
 1/2 teaspoon baking soda
 1 cup butter, softened
 2 cups sugar

grated zest of 1 large lemon
 1 teaspoon vanilla
 4 large eggs
 1/3 cup buttermilk

Lemon Glaze:

2 cups confectioners sugar
 dash salt
 3 tablespoons fresh lemon juice
 1 teaspoon grated lemon zest

Preheat oven to 350°. Grease 2 9x5-inch bread pans.

Prepare prunes and walnuts and set aside. Fork-mix and fluff flour with next 3 ingredients and set aside.

Cream butter, sugar, lemon zest and vanilla until light and fluffy. Beat in eggs, one at a time. Alternately beat in flour mixture and buttermilk until well blended. With a large spoon, thoroughly mix in prunes and walnuts. Divide between pans. Level tops.

Bake 50-65 minutes until top is firm to the touch and a toothpick inserted in center comes out clean.

Cool in pans on a rack 10 minutes. Turn out onto rack. Prepare glaze (below) and spoon over hot loaves. Cool completely. This bread freezes well.

Glaze: Mix ingredients.



Lucille Howell
 Portland

CHOCOLATE ZUCCHINI BREAD

2 9x5-inch or
1 9x5-inch and 2 5½x3-inch loaves

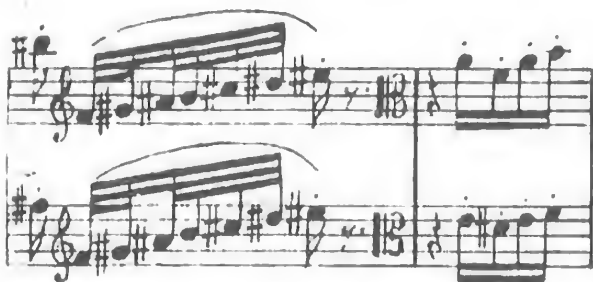
3 eggs	1 cup salad oil
1 cup sugar	1 tablespoon vanilla
1/3 cup brown sugar	2½ cups flour
6 tablespoons unsweetened cocoa	½ cup whole wheat flour
2 teaspoons baking soda	½ cup wheat germ
¼ teaspoon salt	2 cups grated zucchini
½ teaspoon cream of tartar	1 cup chopped walnuts
	2/3 cup chocolate chips

Preheat oven to 325°. Grease 2 9x5-inch, or 1 9x5-inch and 2 5½x3-inch, loaf pans.

Beat first 9 ingredients in a large bowl with an electric mixer at low speed until mixed, then at medium speed until well blended. Beat in flours and wheat germ at medium speed. Fold in zucchini, walnuts and chocolate chips.

Bake larger pans 1 hour, smaller 45 minutes, until a toothpick inserted in center comes out clean.

Cool in pans on a wire rack 15-20 minutes. Turn out on rack to finish cooling.



Maxine Melrose
Stevenson, Washington

BANANA TOAST
1 serving

2 slices firm-textured white bread
2 teaspoons butter, softened
1 large banana
 $\frac{1}{2}$ teaspoon sugar
2-3 slices crisp-cooked, drained bacon (optional)
1 tablespoon whipping cream (optional)

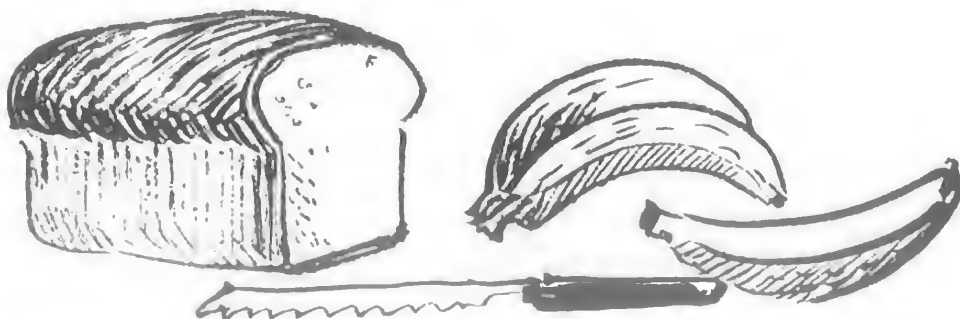
Preheat broiler.

Broiler-toast bread on one side. Butter untoasted side. Coarsely mash banana with sugar. Spread over butter.

Run under broiler 2-4 minutes to glaze. Watch carefully, as bread corners burn quickly.

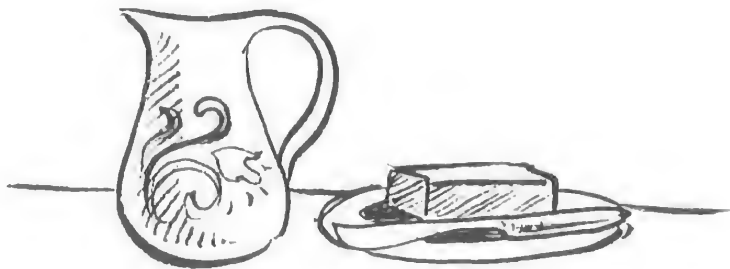
Serve immediately, with optional bacon at sides. Pass cream to drizzle over glazed banana.

Louise Howell
Portland



PANNU KAHKU
(FINNISH OVEN PANCAKE)

2 tablespoons butter
3 large eggs
2 cups milk, divided
1 cup sifted flour
1/3 cup sugar
3/4 teaspoon salt



Preheat oven to 400°. Melt butter in a 9x13-inch baking pan.

Beat eggs until well-blended. In a separate bowl, stir enough milk into the flour to form a thin, smooth paste. Whisk into eggs with remaining ingredients until smooth. Pour into hot pan.

Bake 20-25 minutes until puffed and lightly brown. (It will look somewhat like Yorkshire pudding, but will fall slightly when out of the oven.)

Cut into squares and serve immediately with butter and syrup.

Frances Stevens
Portland

SWEDISH PANCAKES WITH FRUIT SAUCE 3-4 servings

Pancakes:

2 large eggs
1 cup milk
dash salt (optional)
 $\frac{1}{2}$ - $\frac{2}{3}$ cup flour
 $1\frac{1}{2}$ -2 tablespoons butter
2 cups hot Fruit Sauce (below)
or warmed sweetened berries
2-3 tablespoons sifted confectioners sugar

Fruit Sauce:

$\frac{1}{4}$ cup syrup from canned fruit
1 tablespoon cornstarch
 $\frac{3}{4}$ cup syrup from canned fruit
sugar to taste (optional)
1-2 cups drained canned fruit
(slice large fruits)



Pancakes:

Beat eggs until well blended. Whisk in milk and optional salt. Granduallly whisk in just enough flour to make a batter the consistency of heavy cream.

For each pancake, heat $\frac{1}{2}$ teaspoon butter in an 8-inch omelet pan over medium heat. Pour in about $\frac{1}{4}$ cup batter and quickly tip pan to coat with a thin layer. Cook until lightly browned and lacy around edges. Carefully turn over. Cook a few seconds more and transfer to a warm plate.

Fill with Fruit Sauce or warmed, sweetened berries. Roll up and dust with confectioners sugar.

Fruit Sauce:

Dissolve cornstarch in the $\frac{1}{4}$ cup syrup. Stir in remaining syrup. Add optional sugar to taste. Bring to a boil. Boil, stirring, 1 minute, just until thickened and clear. Stir in drained fruit. Heat.

Grace Blixt
Portland

NEW ORLEANS PANCAKES

3-4 servings

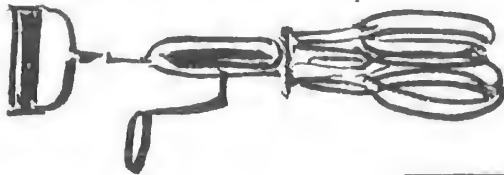
4 eggs
1 cup cottage cheese
1 cup dairy sour cream
3/4 cup flour

1 tablespoon sugar
1 teaspoon salt
dash baking soda
1-2 tablespoons butter

Beat eggs until blended. Beat in cottage cheese and sour cream. Add remaining ingredients except butter. Beat until a medium-thick batter forms.

Heat butter to coat bottom of a griddle or large skillet over medium heat. Pour batter in 4-inch rounds. When bubbles form on top, and edges begin to firm, turn and cook other side until well browned.

Serve hot with butter and jelly or preserves.



Clara Rank
Carmel Valley, California

BASIC CREPES BATTER
about 20 crepes

4 eggs
1 cup milk
2 tablespoons oil

1 cup flour
dash salt
butter for pan



Whisk eggs until blended. Whisk in milk and oil, then flour and salt until smooth. Let stand at least 1 hour, or cover and refrigerate over night. Whisk again before baking according to crepe pan manufacturer's instructions.

Dessert Crepes: Add 1 teaspoon sugar.

Madeleine Schuback
Portland

Chapter 12

Desserts

CELESTIAL APRICOTS 10 servings

*Apricots:

3 cups water
2½ cups sugar
1½ teaspoons vanilla
30 small or 20 large whole
seeded apricots

Celestial Sauce:

1 cup whipping cream
2 large egg yolks
½ cup sifted confectioners
sugar
2 tablespoons Cognac
2 tablespoons dark rum

*Canned apricots may be substituted. For extra flavor, chill over night with a little vanilla stirred into the syrup.

Apricots: Mix water and sugar in a heavy 4-quart kettle. Bring to a boil, covered, over medium high heat. Boil 3 minutes. Remove cover. Reduce heat and simmer 5 minutes. Stir in vanilla. Poach apricots in syrup, uncovered, just until tender. Chill in syrup. Drain well.

Sauce: Within 2 hours of serving, whip cream until soft but firm peaks form. Set aside. Beat yolks and confectioners sugar together until thick and creamy. Gradually beat in cognac and rum. Fold carefully into whipped cream. If not to be used immediately, refrigerate, covered.

For each serving, spoon about 3 tablespoons sauce into a saucer champagne glass. Top with 3 small or 2 large well-drained apricots. Serve immediately.



Lucille Howell
Portland

POTS DE CRÊME 4 servings

½ cup light cream
1/3 cup light brown sugar
½ teaspoon instant coffee
granules
few grains salt
3 squares semi-sweet chocolate
3 large eggs, separated

½ teaspoon vanilla
dash cream of tartar
½-¾ cup whipping cream
1 tablespoon confectioners
sugar
¼ teaspoon vanilla
1-2 teaspoons shaved almonds

Heat cream, brown sugar, coffee granules, salt and chocolate in a small heavy saucepan over medium heat, stirring frequently, until chocolate melts. Cool 5 minutes.

Fork-beat egg yolks just until blended. Stir into chocolate mixture. Cook over very low heat, stirring constantly, 2 minutes. Off-heat, stir in vanilla. Cool to room temperature (about 20 minutes).

Beat egg whites until foamy. Add cream of tartar. Beat until very firm but not dry peaks form. Carefully fold in chocolate mixture.

Divide between 4 pot de crème cups, individual souffles or small teacups. Cover. Chill 24 hours.

Shortly before serving, whip cream. Beat in confectioners sugar and vanilla.

Serve pots very cold, topped with whipped cream and a few flakes of almond.



Lucille Howell
Portland

legato

HEATH BAR RIBBON SQUARES

8-12 servings

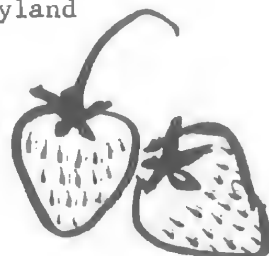
32 2½-inch diameter chocolate wafers, cut into 1-3/4-inch squares
 2 2.8-ounce packages Dream Whip, prepared to package directions
 ¼ cup coffee or chocolate liqueur
 6 double Heath Bars (1-1/16 ounce packages) broken into ¼-inch pieces

Line bottom of an 8x8-inch square baking dish with half the wafer squares. Scatter half the trimmings and crumbs over gaps. Beat liqueur into prepared Dream Whip. Cover wafers with half the whip. Scatter half the candy over top. Repeat. Seal with foil. Freeze.

Remove 15-20 minutes before serving in squares or thaw in refrigerator.

Wava Skaggs
 Savage Maryland

LEMON SHERBET WITH STRAWBERRIES
 4 servings



zest of 1 large lemon
 juice of 1 large lemon
 1/3 cup orange juice
 1 cup sugar

1 egg
 1 cup milk
 1-1½ cups sweetened sliced or
 thawed frozen strawberries

Combine zest and juices with sugar. Let stand at room temperature 1-2 hours.

Beat eggs and milk together. Stir in sugar mixture. Turn into a shallow metal pan. Seal with foil and freeze until partly frozen. Beat smooth. Reseal and freeze.

Serve topped with strawberries.

Louise Garrels
 Portland

LEMON SPONGE PUDDING

6 servings

2 egg whites at room temperature	$\frac{1}{2}$ cup sifted flour
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ tablespoon melted butter
2 egg yolks	$2\frac{1}{2}$ tablespoons lemon juice
grated zest of 1 large lemon	$\frac{1}{2}$ cup whipping cream,
1 cup milk	whipped, optional
$\frac{7}{8}$ cup sugar	

Preheat oven to 350°. Butter a 1-quart baking dish.

Add salt to egg whites. Beat until stiff but not dry. Set aside. Beat egg yolks and zest until blended. Beat in milk, sugar, flour, butter, and then lemon juice. Fold in beaten egg whites. Pour into baking dish.

Set into a pan with 1 inch hot water. Bake 40-60 minutes until a knife inserted near center comes out clean.

Serve warm or cold with optional whipped cream.



Mary Deach
Hood River

RICE PUDDING
10-12 servings

1 cup raw rice, cooked to package directions	1 cup sugar
1 cup raisins	1 teaspoon salt (optional)
4 eggs	1 teaspoon vanilla
1 quart milk	$\frac{1}{2}$ - $\frac{1}{2}$ teaspoon cinnamon

Preheat oven to 325°. Butter a 9x12-inch baking dish.

Toss rice and raisins together in baking dish. Lightly beat eggs. Whisk in remaining ingredients except cinnamon. Pour over rice mixture. Sprinkle with cinnamon.

Bake about 1 hour, until a knife inserted in center comes out clean.

Grace Blixt
Portland

TORTA RICOTTA 8 servings

3 large eggs
1 pound Ricotta (Italian
cottage cheese)
3 tablespoons flour
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup sugar
1- $\frac{1}{2}$ teaspoons almond extract,
to taste
3 cups rich milk or light cream
sweetened berries (optional)

Preheat oven to 300°. Butter 2 8x8-inch square
baking dishes.

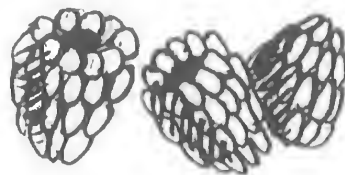
Beat eggs in a processor or with an electric mixer.
Add remaining ingredients except berries in the order given,
mixing well after each addition. Divide between baking dishes.

Bake about 75 minutes, just until set and a knife
inserted near center comes out clean.

Serve 1 casserole warm and chill the other to
serve later in the week. Top with optional berries.

Hazel DeLorenzo
Portland

QUICK DESSERT 2 servings



$\frac{1}{3}$ cup whipping cream
3 tablespoons graham cracker crumbs
3-5 tablespoons drained, pureed, sliced or chopped fruit

Whip cream. Stir in graham cracker crumbs, and
then fruit. Serve immediately.

Harriet Harries
Portland

Allegretto scherzando

APPLE SURPRISE
12 servings

6 large cored, peeled apples, finely chopped	2 teaspoons cinnamon
1-3/4 cup sugar	1 teaspoon nutmeg
1 cup butter, softened	1/2 teaspoon ground cloves
2 eggs, beaten	2 teaspoons baking soda
1 teaspoon vanilla	1/2 cup chopped nuts
2 cups flour	ice cream or whipped cream for topping (optional)

Preheat oven to 350°. Grease a 9x12-inch baking pan.

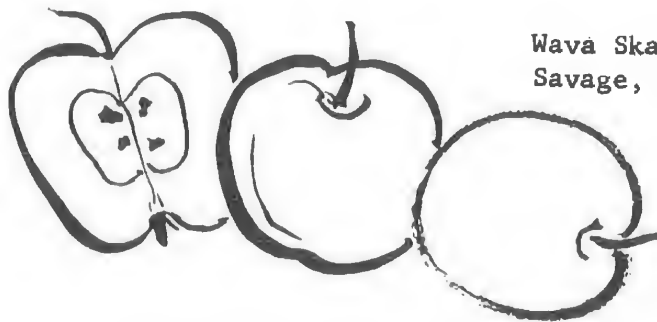
Prepare apples and set aside.

Cream sugar and butter. Beat in eggs and vanilla. Fork-mix and fluff flour, cinnamon, nutmeg, cloves and soda. Stir into batter. Stir in nuts and apples. Turn into pan. Level.

Bake 45-60 minutes, until edges pull from pan sides and a toothpick inserted near center comes out clean.

Serve warm or cold, topped with ice cream or whipped cream, if desired.

Refrigerate any leftovers.



Wava Skaggs
Savage, Maryland

IRRESISTIBLE APPLE PUDDING

6-8 servings

1 cup flour
 1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup ($\frac{1}{2}$ stick) margarine,
 softened
 1 cup sugar
 1 egg

2 peeled medium to large apples

Caramel-Nutmeg Sauce:

$\frac{1}{2}$ cup (1 stick) margarine
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup milk
 1 teaspoon vanilla
 $\frac{1}{8}$ teaspoon nutmeg

Pudding:

Preheat oven to 400°. Grease an 8x8-inch square cake pan.

Sift flour, soda, cinnamon, nutmeg and salt together.
 Set aside.

Cream margarine and sugar together until light and fluffy. Beat in egg. Grate apples into batter, discarding cores. Stir to mix. Stir in dry ingredients, just until moistened. Batter will be thick. Turn into pan. Level.

Bake 15-25 minutes until top springs back when lightly touched. Cool in pan on rack. Serve with hot Caramel-Nutmeg Sauce.

Sauce:

Just before serving, combine margarine, sugars and milk in a small, heavy saucepan. Cook over medium heat, stirring gently only to prevent sticking, about 10 minutes until slightly thickened. Stir in vanilla and nutmeg.

Betty Lampman
 Parkdale

CARAMEL DUMPLINGS

6 servings

Syrup:

1 cup browned sugar* or
brown sugar
2½ cups boiling water
dash salt

1 teaspoon vanilla
1 cup plus 1-3 tablespoons
flour
dash salt
1 teaspoon baking powder

Dumplings:

1 cup sugar
1 tablespoon butter, softened
½ cup milk

Topping (optional):

ice cream or whipped
cream

*Measure granulated sugar into skillet. Cook,
stirring, over low heat until browned.

Preheat oven to 400°.

Mix syrup ingredients in a 9-inch cast iron skillet.
Simmer over low heat while preparing dumplings.

Cream sugar and butter. Beat in milk and vanilla.
Mix 1 cup flour with salt and baking powder and stir in. Stir
in enough additional flour to make a stiff batter.

Bring syrup to a boil. Drop batter by spoonfuls into
boiling syrup.

Bake, uncovered, about 15 minutes until browned.

Serve hot or cold, topped, if desired, with ice cream
or whipped cream.



Wava Skaggs
Savage, Maryland

BERRY COBBLER

6 servings

Berries:

4 cups berries
1 tablespoon lemon juice
1/3- $\frac{1}{2}$ cup sugar
2 tablespoons chilled butter
in small dice
*quick cooking tapioca

$\frac{1}{4}$ cup milk
1 large egg, beaten
 $\frac{1}{4}$ cup shortening, softened

Topping:

$\frac{1}{2}$ teaspoon sugar
 $\frac{1}{2}$ teaspoon cinnamon

Batter:

1 cup flour
1 $\frac{1}{2}$ tablespoons sugar
1 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

Optional Serving Topping:

1 $\frac{1}{2}$ pints vanilla ice cream
or 2/3 cup whipping
cream, whipped



*2 $\frac{1}{2}$ -3 tablespoons for fresh berries
*2-2/3 - 3-1/3 tablespoons for frozen berries
*2 tablespoons for canned berries (2 $\frac{1}{2}$ -3 cups fruit,
1 cup juice)

Toss berry ingredients together in a 2-quart mixing bowl. Let stand at room temperature 20-30 minutes. Toss.

Preheat oven to 350°. Grease an 8x12-inch baking dish.

Fork-mix and fluff dry ingredients. Beat milk and egg together and add with shortening. Stir together with a few quick strokes, just until blended. Batter should be about the consistency of drop cookie dough, and slightly lumpy.

Turn berry mixture into baking dish. Level. Drop batter evenly over top in large spoonfuls. Gently spread with a spatula. Mix the $\frac{1}{2}$ teaspoon each sugar and cinnamon. Sprinkle over top.

Bake 40 minutes, until top is crusty and brown. Serve hot, warm or cold, with optional topping.

Jan Johnson
Portland

FRESH FRUIT PIZZA

16-20 servings

- 1 1 pound-1 ounce package dairy case sugar cookies
- 1 8-ounce package cream cheese, softened
- 1 cup sugar
- 1 teaspoon vanilla
- 1 15-ounce can unsweetened chunk pineapple, drained (reserve juice)

- *3-4 cups fresh fruit
- 1 recipe Pineapple Glaze (below)
- 2/3-1 cup whipping cream, whipped (optional)

Pineapple Glaze:

- 1½ cups juice from pineapple
- 2 tablespoons Tapioca Pudding Mix

*Slice larger fruits. Use, as available, and in contrasting colors, bananas, strawberries or other berries, peaches, plums, seedless grapes, cantalope, other fruits.

Preheat oven as directed on cookie package. Slice cookies and press out in a solid sheet in a 10½-15½-inch jelly roll pan. Bake to package directions. Cool in pan on a rack.

Beat cream cheese, sugar and vanilla together until fluffy. Spread on cooled cookie crust. Cover with plastic wrap and chill 2-3 hours.

Prepare glaze (below). Arrange fruits on cheese in 3-4 vertical stripes, using about 1 cup each pineapple and fresh fruits of contrasting colors, pressing down gently. Immediately pour glaze evenly over top. Chill at least 2 hours.

To serve, cut in squares. Top each with optional whipped cream.

Glaze: Mix ingredients in a 1-quart saucepan. Bring to a boil, stirring occasionally. Boil 1 minute, stirring, until thickened to a thin glaze.

Wava Rothlisberg
Portland

FRESH PEACH PIE

1 9-inch pie

Fresh peaches being out of season by the time this recipe arrived, it was tested with home-canned peaches. The tester can't wait for peach season.

1 9-inch unbaked pie shell
6-8 fresh medium peeled and
pitted peach halves
7/8 cup sugar

1/3 cup butter, softened
1/3 cup flour
1 egg
½ teaspoon vanilla

Preheat oven to 300°. Prepare pie shell.

Fill pie shell with peach halves, hollow-side down. Small pieces may be tucked between halves, but pie may boil over if shell is too generously filled.

Cream sugar and butter together. Mix in flour. Beat in egg and vanilla until smooth. Spread over peaches.

Bake 1 hour until topping is crisp, brown and set. Cool on a wire rack.



Mary Fax
The Dalles

FROZEN PERSIMMON PIE

1 9-inch pie

1 cup persimmon puree	$\frac{1}{4}$ cup lemon juice
1 tablespoon lemon juice	grated zest of 1 lemon
1 envelope unflavored gelatin	1 9-inch graham cracker pie shell
3 large eggs	1 pint whipping cream
$\frac{1}{2}$ cup sugar	1 tablespoon confectioners sugar
$\frac{1}{4}$ teaspoon salt	

Heat water in bottom of a double boiler.

Stir the 1 tablespoon lemon juice and gelatin into persimmon puree and set aside.

Separate 2 of the eggs and set whites aside to come to room temperature. Whisk remaining egg and the yolks in the double boiler top. Whisk in sugar, salt, lemon juice and zest. Cook, uncovered, whisking occasionally, until thick and creamy. Whisk in persimmon mixture. Cook another 2-3 minutes to dissolve gelatin. Cool slightly. Cover and chill.

Prepare pie shell and chill.

Beat egg whites until firm peaks form. Whip cream. Fold half the cream into egg whites, reserving other half. Stir persimmon mixture and carefully fold into egg whites mixture. Pile into pie shell.

Beat confectioners sugar into remaining whipped cream. Swirl over pie. Freeze hard. Seal in heavy duty foil.

Remove from freezer about 20 minutes before serving.



Lucille Howell
Portland

RHUBARB CUSTARD PIE
1 9-inch pie

pastry for a 2-crust 9-inch pie
2 eggs
*sugar
2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
1 tablespoon butter, softened
1 pound frozen rhubarb, thawed enough to break apart,
or 2 cups fresh rhubarb

* $\frac{3}{4}$ cup for frozen rhubarb, 1 cup for fresh

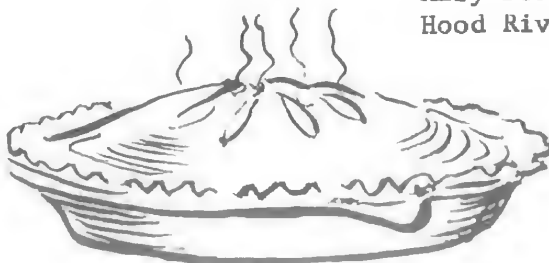
Prepare pastry. Fit bottom crust into pie pan and set aside.

Preheat oven to 375°.

Beat eggs until light and fluffy. Gradually beat in sugar, flour and salt. Continue beating until quite thick, then beat in butter. Stir in rhubarb. Pour into pie shell. Fit on top crust. Flute edges to seal. Prick or slash top to vent steam.

Bake 15 minutes. Reduce heat to 325° and bake 40 minutes more.

Mary Deach
Hood River



PUMPKIN CHIFFON PIE
1 8-inch pie

1 tablespoon unflavored gelatin
 $\frac{1}{4}$ cup cold water
3 eggs, separated
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon salt
 $1\frac{1}{4}$ cups mashed cooked pumpkin
1 8-inch pie shell, baked and cooled
1 cup whipping cream, whipped (optional)



Sprinkle gelatin on cold water and let stand 3-4 minutes until softened.

Beat egg yolks slightly in top of double boiler. Add half the sugar, the milk and spices. Cook over boiling water, stirring constantly, until thick.

Stir in gelatin mixture until dissolved. Chill until thickened, but not set.

Prepare pie shell.

Add salt to egg whites and beat until thickened. Very gradually add remaining sugar, beating constantly. Fold into chilled gelatin mixture. Turn into pie shell. Chill several hours.

Top with whipped cream when serving if desired.

Wava Skaggs
Savage, Maryland

MEATLESS MINCEMEAT PIE

1 9-inch pie

Pie:

pastry for a 2-crust 9-inch pie
 1 quart Meatless Mincemeat (see Index)
 $\frac{1}{2}$ cup ($\frac{1}{2}$ stick) chilled butter, diced
 1 tablespoon brandy
 1 tablespoon dark rum

Hard Sauce (Optional) (about 1 cup)

$\frac{1}{2}$ cup butter, softened
 2 cups sifted confectioners sugar
 dash salt
 $1\frac{1}{2}$ teaspoons brandy
 $1\frac{1}{2}$ teaspoons dark rum



Pie:

Prepare pastry. Line pie pan with bottom crust.
 Freeze, uncovered, 20 minutes. Thaw 5-10 minutes.

Preheat oven to 450°.

Mix mincemeat and butter (do not omit butter, as mincemeat requires fat for texture, and this mincemeat has none). Turn into pie shell. Drizzle brandy and rum over top. Fit on top crust. Flute edges. Slit steam vents.

Bake 10 minutes. Reduce heat to 350°. Bake 20-30 minutes more until golden brown. Cool slightly in pan on a wire rack.

Serve hot with optional Hard Sauce. This pie may be reheated.

Hard Sauce: Mix all ingredients together. Add a few drops hot water if too stiff. Chill.

Lucille Howell
 Portland

OREGON WALNUT PIE

1 9-inch pie

1 9-inch pie shell
 $\frac{1}{2}$ cup light brown sugar
 2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 1- $\frac{3}{4}$ cups light corn syrup

3 tablespoons butter, sliced
 3 large eggs
 1 $\frac{1}{2}$ teaspoons vanilla
 1 $\frac{1}{2}$ cups walnut pieces
 $\frac{1}{4}$ cup walnut halves

Prepare pie shell and set aside.

Preheat oven to 375°.

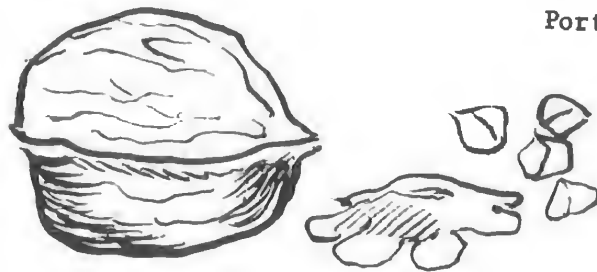
Combine brown sugar, flour and salt in a 1-quart saucepan. Add syrup and butter. Warm over low heat, stirring occasionally, just until butter melts.

Beat eggs with vanilla just until blended. Off-heat, stir into syrup mixture. Pour into pie shell. Scatter walnut pieces evenly over top. Push down and distribute with a spatula or spoon. Arrange walnut halves on top.

Bake on lower rack of oven 40-45 minutes, until a knife inserted near center comes out clean.

Cool in pan on a rack.

Jan Johnson
 Portland



FUNNY CAKE
(A CAKE IN A PIE)
1 9-inch cake

1 unbaked deep dish 9-inch pie shell	1 cup sifted flour
1½ squares unsweetened chocolate	¾ cup sugar
½ cup water	1 teaspoon baking powder
2/3 cup sugar	½ teaspoon salt
¼ cup (½ stick) butter or margarine	¼ cup shortening, softened
2 teaspoons vanilla, divided	½ cup milk
	1 egg
	½ cup chopped nuts

Prepare pie shell and set aside.

Preheat oven to 350°.

Melt chocolate in water in a 1-quart saucepan. Add the 2/3 cup sugar. Bring to a boil, stirring constantly. Off-heat stir in butter or margarine and 1½ teaspoons vanilla. Set aside.

Sift flour, the ¾ cup sugar, baking powder and salt together. Add shortening, milk and ½ teaspoon vanilla. Beat at medium speed 2 minutes. Add egg and beat 2 more minutes. Pour batter into pie shell. Stir chocolate sauce and pour carefully over batter. Sprinkle nuts over top.

Bake 55-60 minutes until toothpick inserted in center comes out clean.

*Allegro
giocoso*

Betty Lampman
Parkdale

STEFAN TORTE
1 3-layer 9-inch torte

- | | |
|---|--|
| 10 large eggs, separated,
at room temperature | 1 teaspoon vanilla |
| 12 squares semi-sweet
baking chocolate,
melted and cooled | 2 tablespoons Grand Marnier
liqueur |
| $\frac{1}{2}$ teaspoon cream of tartar | 2 cups finely grated walnuts |
| 1 cup sugar, divided | 2 tablespoons fine dry bread
crumbs |
| $\frac{1}{2}$ teaspoon cinnamon | 1 recipe Stefan Chocolate
Icing (see next page) |
| 1 teaspoon grated orange zest | 16 walnut halves |

Preheat oven to 350°. Heavily grease and flour 3 9-inch cake pans. Fit in baking parchment or waxed paper circles cut to fit. Grease and flour paper.

Beat egg whites until foamy. Add cream of tartar. Beat until stiff but not dry peaks form. Very gradually add $\frac{1}{2}$ cup sugar, beating until meringue is stiff and glossy. Set aside.

Beat egg yolks, remaining sugar, cinnamon, zest and vanilla until very thick. Beat in cooled chocolate and Grand Marnier. Fold in nuts and bread crumbs. Carefully fold in egg whites. Divide between prepared cake pans.

Bake 30-40 minutes until top retains only a slight fingerprint when gently touched.

Cool in pans on wire racks 20-30 minutes. Carefully turn out onto racks. Peel off paper. Let rest 6-8 hours before frosting with Stefan Chocolate Icing. Rim cake top with walnut halves.

Fantasia

Juanita Salta
Portland

STEFAN CHOCOLATE ICING

fills and frosts 1 3-layer 9-inch torte

4 squares unsweetened baking chocolate
 5 tablespoons strong coffee
 3 tablespoons Grand Marnier liqueur
 1 cup packed light brown sugar
 2 large egg yolks, lightly beaten
 ½ cup (1 stick) butter, softened
 ½ teaspoon vanilla



Combine chocolate, coffee, Grand Marnier and brown sugar in a heavy 1-quart saucepan. Heat over medium heat, stirring frequently, until chocolate and sugar have melted. Cool.

Beat in butter at medium speed. Beat in egg yolks, then vanilla, until well blended.

Juanita Salta
 Portland

Torte and Other Cake Tricks:

For easiest layer cake pan preparation and clean-up, spray pans heavily with a non-stick spray. Fit into bottoms pieces of waxed paper cut to fit. Spray paper. Remove paper when turning layers out to cool.

Separate eggs when ice cold. Allow both yolks and whites to come to room temperature.

Grate nuts for tortes with a nut grater. Any other method draws too much oil.

Do not underbeat either whites or yolks for tortes.

When combining whites and batter, stir about a quarter of the whites into the batter to lighten it before folding in remaining whites. Fold in all air possible.

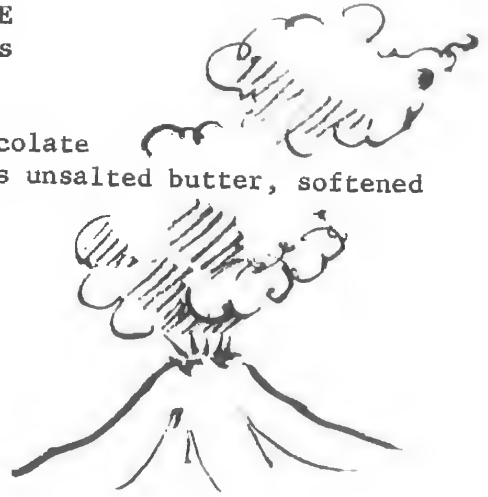
Give chocolate and other rich, tender cakes time to rest and settle before handling. They will be less apt to break.

VOLCANO CAKE
8-10 servings

12½ squares semi-sweet baking chocolate
½ cup (1 stick) plus 3 tablespoons unsalted butter, softened
4 eggs, separated
½ cup plus 1 tablespoon sugar
¾ cup plus 1 tablespoon flour

Volcano Chocolate Icing:

5½ squares semi-sweet chocolate
3½ tablespoons butter
¾ cup confectioners sugar
3 tablespoons cold water



Preheat oven to 400°. Butter and flour a Charlotte mold (a 9-10 inch tube pan may be substituted).

Melt chocolate over simmering water, stirring occasionally. Off-heat, stir in butter until mixture is creamy. Stir in egg yolks, one at a time. Stir in sugar, then flour.

Beat egg whites until stiff, but not dry, peaks form. Carefully fold in chocolate mixture. Turn into mold.

Bake about 35 minutes until cake pulls slightly from pan sides and a toothpick inserted in center comes out clean.

Cool in pan on a rack 20 minutes. Turn out to cool completely before frosting with Volcano Chocolate Icing.

Icing: Melt chocolate over simmering water. Beat in butter, sugar and cold water.

Madeleine Schuback
Portland

JIFFY CHOCOLATE HONEY CAKE
1 8x8-inch square cake

1 cup mayonnaise
1 cup water
1 teaspoon vanilla
3 tablespoons honey
1-3/4 cups flour
2 teaspoons baking soda

*1½ cups unsifted light brown
sugar
½ cup cocoa
½ can ready-to-spread vanilla
or chocolate icing

*Small lumps form little caramelly pockets in cake.
Break up any lumps larger than a small pea.

Preheat oven to 350°. Grease and flour an 8-inch square oven glass baking dish or cake pan.

Whisk mayonnaise, water, vanilla and honey until blended. Fork-mix and fluff dry ingredients. Quickly stir into mayonnaise mixture, just until all ingredients are moistened. Batter should be slightly lumpy. Pour into baking dish or cake pan. Bang on counter to break any bubbles.

Bake 35-45 minutes until cake pulls slightly away from pan and feels slightly firm in center.

Cool in pan on a rack about 20 minutes. Spread with icing.

Cool completely. Cap tightly with plastic wrap. Age at least 12 hours, and preferably 24, before cutting to allow cake to develop its moist, velvety texture. This cake is an excellent keeper.

Lucille Howell
Portland

Prestíssimo ~

BLUE RIBBON POUND CAKE

1 9-inch bundt cake, or
 1 10-inch tube cake, or
 1 3-5/8x7-3/8 inch loaf cake

4 cups sifted flour
 1 teaspoon baking powder
 dash nutmeg
 2 cups (1 pound) butter,
 softened
 3 cups sugar

6 large eggs at room
 temperature
 1 cup milk at room temperature
 2 teaspoons lemon extract or
 vanilla, or 1 teaspoon each
 about $\frac{1}{2}$ cup confectioners sugar
 (optional)

Preheat oven to 300°. Butter and flour a 9-inch bundt cake, or 10-inch tube cake, or 3-5/8x7-3/8 inch loaf pan.

Sift flour, baking powder and nutmeg together and set aside.

Cream butter until very light and fluffy. Gradually beat in sugar until well blended. Beat in eggs, one at a time, just enough to mix. Combine milk and flavoring. Beat in flour mixture, 3/4-1 cup at a time, alternately with milk, and ending with flour mixture, only until blended. Turn into pan.

Bake until cake begins to pull from pan sides, a fingerprint in top vanishes slowly, and a toothpick inserted in center comes out clean.

Bundt:	1 hour - 1 hour 10 minutes
Tube:	1 hour 15 minutes - 1 hour 20 minutes
Loaf:	40-50 minutes

Cool upright in pan on a rack 10 minutes, then turn out on rack and cool. Sift optional confectioners sugar over top. Delicious served with fresh berries.

Rex and Mary Crouse
 Portland

MEE'S CAKE
1 10-inch tube cake

1½ cups (3 sticks) unsalted butter, softened	¼ teaspoon baking soda
3 cups sugar	1 cup dairy sour cream
6 eggs, separated	2 teaspoons vanilla
3 cups flour	2-3 tablespoons granulated sugar

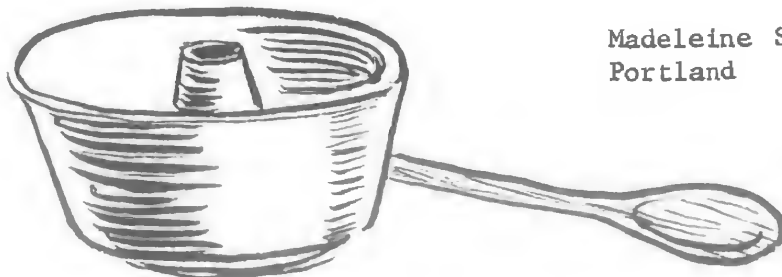
Preheat oven to 325°. Butter and flour a 10-inch tube pan.

With Large Capacity Processor: Cream butter and sugar with steel knife until light and fluffy. Beat yolks, add, and process until well blended. Sift flour and baking soda together, add with sour cream and vanilla, and process until smooth. Beat egg whites until stiff, but not dry. Carefully fold in batter. Turn into pan.

With Electric Mixer: Beat egg whites until stiff but not dry peaks form. Beat egg yolks. Set both aside. Cream butter and sugar together until light and fluffy. Beat in egg yolks. Sift flour and baking soda together and add alternately with sour cream. Stir in vanilla. Carefully fold into egg whites. Turn into pan.

Bake 1¼ - 1-3/4 hours, until cake pulls slightly from pan sides and a toothpick inserted in center comes out clean.

Cool in pan on a rack 10 minutes. Remove from pan and coat with granulated sugar.



Madeleine Schuback
Portland

MY YOGURT CAKE
1 10-inch tube cake

- 2 large eggs
- 1 6-ounce container plain or flavored Yoplait yogurt
- 2 yogurt containers sugar
- 3 yogurt containers flour
- 3/4 yogurt container safflower oil
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon vanilla



Preheat oven to 400°. Grease and flour a 10-inch tube pan.

With Processor: Measure all ingredients, in order given, into bowl with steel knife. Process 30 seconds, until well blended. Pour into prepared pans.

With Electric Mixer: Measure all ingredients, in order given, into bowl. Beat at low speed until ingredients are moistened, and then at medium high speed about 2 minutes. Pour into prepared pan.

Bake 35-40 minutes, until a knife inserted in center comes out clean.

Turn out immediately onto serving plate. May be iced if desired.

This recipe can also be used for cupcakes.

Madeleine Schuback
Portland

MRS. KILBURG'S PRUNE CAKE

1 3-layer 9-inch cake

1½ cups pureed cooked dried
 prunes (about ½ pound)
 1½ cups milk
 1½ tablespoons vinegar
 6 large eggs, divided
 2 cups chopped nuts
 3½ cups flour, divided
 3-¾ teaspoons baking soda
 1 teaspoon cinnamon
 1 teaspoon nutmeg
 1 teaspoon cloves

2 cups sugar
 ¾ cup (1½ sticks) butter,
 softened

Brown Sugar Icing:

2 cups light brown sugar
 6 tablespoons water
 ¼ teaspoon cream of tartar
 4 egg whites reserved from
 cake
 1 tablespoon vanilla

Prepare prunes and set aside. Mix milk and vinegar and set aside 10 minutes or more. Stir.

Preheat oven to 350°. Grease and flour 3 9-inch cake pans.

Separate 4 of the eggs. Set whites aside at room temperature for the icing. Toss nuts with ¼ cup of the flour. Sift remaining flour with soda and spices. Cream sugar and butter together until fluffy. Beat in the 2 eggs, one at a time, and then gradually beat in egg yolks. Beat in flour, in about thirds, alternately with soured milk and prunes. Fold in nuts. Divide between pans.

Bake 25-30 minutes until a toothpick inserted in center comes out clean. Cool in pans on rack 15 minutes. Turn out onto racks to cool completely. Frost with below icing.

Icing: Bring sugar, water and cream of tartar to a boil in a covered 2-quart saucepan over medium high heat. Boil 3 minutes. Boil, uncovered, without stirring, to firm ball stage (242°). Meanwhile beat reserved egg whites until they form firm peaks. Slowly drizzle hot syrup over them, beating constantly at highest speed, until icing is stiff and glossy. Beat in vanilla.

Edward L. Howell
 Longview

PUMPKIN CAKE 1 8-inch square cake

$\frac{1}{2}$ cup shortening
 $1\frac{1}{2}$ cups sugar
 2 eggs, beaten
 $1\frac{1}{2}$ cups sifted cake flour
 1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon nutmeg
 1 cup cooked and cooled pumpkin

$\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ cup chopped nuts

Raisin-Brown Sugar Icing:

1 large egg white
 1 cup light brown sugar
 3 tablespoons water
 $\frac{1}{2}$ cup halved raisins

Preheat oven to 350°. Grease and flour an 8-inch square oven glass baking dish.

Cream shortening. Gradually add sugar, creaming until light and fluffy. Beat in eggs. Sift flour, baking powder, salt and spices together 3 times. Combine pumpkin and milk. Stir in soda. Add flour and pumpkin mixtures alternately to batter, beating well after each addition. Fold in nuts. Turn into baking dish.

Bake 50-55 minutes.



Cool in pan on a wire rack 10 minutes. Turn out onto rack and cool completely. Frost top and sides with Raisin-Brown Sugar Icing. *pp*

Icing: Beat egg white, brown sugar and water together, just enough to blend, in top of a double boiler. Place over rapidly boiling water and beat with a rotary egg beater or electric mixer until mixture is light and fluffy and holds a firm shape (5-7 minutes). Off-heat, carefully fold in raisins. (Raisins will thin icing slightly.)

Luft pause

Elva McGahuey
 Oregon City

OREGON HOLIDAY FRUIT CAKE

2 5x9-inch loaf cakes, or
1 5x9-inch loaf and 4 5¼-inch square cakes

3 cups diced pitted prunes (24-ounce package soft)	1½ cups sugar
3 cups diced dried apricots	6 eggs
3 cups diced dried apples	1 teaspoon vanilla
3 cups raisins	1 teaspoon rum extract
3 cups broken walnuts	grated zest of 2 large lemons
1 cup butter or margarine, softened	2½ cups flour
	1 teaspoon baking powder
	1 teaspoon salt (optional)

Prepare fruit and nuts, toss together in a 4-quart bowl, and set aside.

Preheat oven to 275°. Grease 2 5x9-inch loaf or 1 5x9-inch loaf and 4 5¼x5¼-inch square cake pans. Line with foil or brown paper and grease again. Set aside.

Cream butter until fluffy in a 6-quart bowl. Gradually beat in sugar. Thoroughly beat in eggs, one at a time. Beat in vanilla, rum extract and zest. Fork-mix and fluff flour, baking powder and optional salt. Add and beat at medium speed until well blended. Carefully fold in fruits and nuts.

Spoon batter into pans, pressing to eliminate air pockets. Smooth tops. Cover pans with greased foil.

Bake 1½ hours. (If baking 1 large loaf plus smaller ones, set larger in oven 15 minutes ahead of the smaller.) Increase heat to 300°, remove foil, and bake 45-60 minutes longer (about 30 minutes for smaller cakes), until a toothpick inserted in center comes out clean.

Cool in pans on racks 15 minutes. Remove cakes to racks, top up, and remove foil or paper. Cool completely. Wrap cakes in rum-soaked cheesecloth, then foil. Store in a cool, dry place. Age at least 24 hours before cutting.

Kristen Tooley
Portland

Chapter 13 Cookies & Candies

MISSISSIPPI MUD

48 pieces

1 cup (2 sticks) margarine
4 eggs
2½ cups sugar
1½ cups flour
½ cup angel flake coconut
½ cup unsweetened cocoa
1 teaspoon vanilla
1 cup chopped nuts
1 7-ounce jar Marshmallow Creme

Mississippi Mud Icing:

½ cup (1 stick) margarine,
melted
1/3 cup unsweetened cocoa
1/8 teaspoon salt
½ cup evaporated milk
1 pound confectioners sugar
1 teaspoon vanilla
½ cup chopped nuts

Preheat oven to 350°. Grease and flour a 9x13-inch baking pan.

Melt margarine in a 2-quart saucepan. Set aside. Beat eggs and sugar together at high speed 2 minutes until thick and pale. Stir flour, coconut, cocoa and vanilla into melted margarine. Gently stir into egg mixture until partly blended, then fold in just until blended. Fold in nuts. Turn into pan.

Bake 35-40 minutes until a toothpick inserted in center comes out clean. Immediately spread top with Marshmallow Creme. Cool in pan on a rack 10-15 minutes. Pour icing evenly over top, easing into corners and sides with a spatula. Cool completely. Cut in about 1½-inch squares.

Icing: Beat icing ingredients except nuts together at low speed until mixed, then at high speed until smooth. Stir in nuts.

Dixie Dunnigan
Portland

SWEDISH KRINGLE
20 pieces

Pastry:

1 cup flour
½ cup (1 stick) butter
about 2 tablespoons cold water

Second Layer:

1 cup water
½ cup (1 stick) butter
1 cup flour
3 eggs
½-1 teaspoon almond extract,
to taste

Almond Icing:

1 cup sifted confectioners
sugar
1 tablespoon butter,
softened
about 1 tablespoon milk
¼-½ teaspoon almond extract,
to taste

Topping:

about ½ cup sliced almonds

Set out a 12x14-inch baking sheet. Cut butter into flour until mixture is pebbly. Stir in just enough water to make a dough that holds together. Divide into two balls. Lightly flour hands and press each into a strip 4 inches wide by 10 inches long on baking sheet, well separated. Square edges with the side of a spatula.

Preheat oven to 425°. Bring water and butter to a boil in a 2-quart saucepan. Off-heat, stir in flour until smooth. Beat in extract. Spread over pastry strips. Square edges with side of spatula.

Bake 15 minutes (do not open oven during this time). Reduce heat to 400°. Bake 30 minutes more. Cool. Spread icing on strips. Sprinkle with almonds.

To serve, cut in 1-inch slices.

Icing: Cream confectioners sugar and butter together. Stir in just enough milk for a spreading consistency. Add extract.

Dorothy Gilbertson
Hood River

CARROT BARS 90 pieces

4 eggs
 $\frac{1}{2}$ cup brown sugar
 1 cup sugar
 $1\frac{1}{2}$ cups salad oil
 1 teaspoon cream of tartar
 1 teaspoon baking soda
 1 teaspoon cinnamon
 1 teaspoon nutmeg
 $\frac{1}{2}$ teaspoon salt
 2 cups flour

3 cups grated carrots
 1 cup chopped walnuts
 $1\frac{1}{2}$ cups shredded coconut

Cream Cheese Icing:

4 ounces cream cheese, softened
 $2\frac{1}{2}$ cups sifted confectioners
 sugar
 1 teaspoon vanilla
 1 tablespoon milk

Preheat oven to 350°. Grease 1 9x9-inch and 1 12x9-inch pan.

Measure first 10 ingredients into a large mixing bowl, in the order given. Beat at low speed until mixed, then at medium speed 4-5 minutes. Fold in carrots, walnuts and coconut. Turn into prepared pans.

Bake 20-25 minutes.

Cool in pans on a rack. Spread icing over top. Cut into 1x2-inch bars.

Icing: Beat all ingredients together until smooth.

Maxine Melrose
 Stevenson, Washington



DATE BARS

about 100

1 tablespoon lard or butter	1 egg, beaten
1 cup sugar	1 teaspoon vanilla
1 pound pitted dates, diced	$\frac{1}{2}$ teaspoon salt
1 teaspoon baking soda mixed with 1 tablespoon warm water	$1\frac{1}{2}$ cups flour
	1 cup chopped pecans (optional)

Mix lard or butter, sugar, dates and boiling water.
Let cool to room temperature.

Preheat oven to 350°. Grease a 12x17-inch baking pan.

Stir dissolved soda into dates. Mix in egg, vanilla
and salt. Stir in flour and optional nuts. Turn into baking
pan. Level.

Bake about 20-30 minutes, until a toothpick inserted
near center comes out clean. Cool in pan on a wire rack.

Cut in 1x2 $\frac{1}{2}$ -inch bars.



Wava Skaggs
Savage, Maryland

Cookie Cuning:

For fastest pan preparation and cleanup, line pans with baking
parchment. Each sheet can be used several times. Simply
brush off crumbs. Even fruit-heavy cookies will not stick.
Mixing cookie dough more than the recipe calls for can result
in tough cookies.

If butter-type cookies spread in baking, chill dough before
shaping.

Always completely cool a pan before adding another batch.
Store soft cookies air-tight. Store crisp cookies in a loosely
covered container in dry weather, air-tight in damp.

PERSIMMON COOKIES

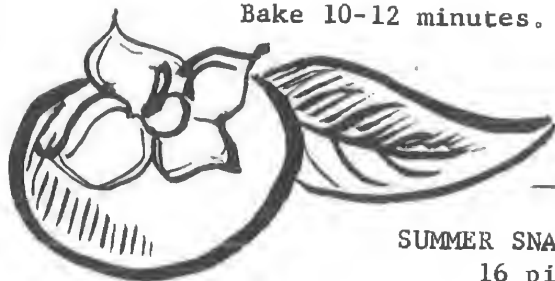
4-5 dozen

- | | |
|--|---------------------------------|
| 1 cup persimmon pulp | $\frac{1}{2}$ teaspoon cinnamon |
| 1 teaspoon baking soda | $\frac{1}{2}$ teaspoon cloves |
| $\frac{1}{2}$ cup shortening, softened | $\frac{1}{4}$ teaspoon salt |
| 1 cup sugar | 1 cup raisins (optional) |
| 2 cups flour | 1 cup chopped nuts (optional) |

Preheat oven to 375°. Grease 2 14x18-inch baking sheets.

Combine persimmon pulp and soda. Set aside. Cream shortening and sugar until light and fluffy. Sift in dry ingredients. Mix. Stir in persimmon mixture, then optional raisins and nuts. Drop by teaspoonfuls onto baking sheet about $1\frac{1}{2}$ inches apart.

Bake 10-12 minutes. Remove from pan to cool on racks.



Carolyn Adams
Vancouver, Washington

SUMMER SNACK SQUARES
16 pieces

- | | |
|--|---|
| $\frac{1}{4}$ cup margarine | 1 cup Papa Tooley's Home-made Granola (see Index) |
| 3 cups miniature marshmallows | |
| $\frac{1}{2}$ cup chunky natural peanut butter | $1\frac{1}{2}$ cups old fashioned rolled oats |
| $\frac{1}{2}$ cup raisins | |

Butter an 8x8-inch square cake pan and set aside.

Melt margarine in a heavy 3-4 quart saucepan over low heat. Add marshmallows and peanut butter. Cook, stirring frequently, until marshmallows melt. Off-heat thoroughly mix in remaining ingredients.

Immediately turn into pan. Press down hard until even and dense. Cut in 2-inch squares.

Karin Tooley
Portland

CHERRY PLUMS
30 cookies

1 cup (2 sticks) butter or
margarine
 $\frac{1}{2}$ cup confectioners sugar,
sifted
 $1\frac{1}{2}$ teaspoons vanilla
2 cups sifted flour

$\frac{1}{2}$ teaspoon salt
1 cup quick oats
30 candied cherries
about $\frac{3}{4}$ cup sifted
confectioners sugar

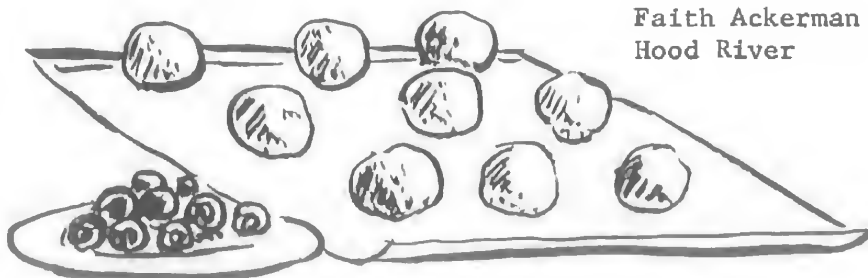
Preheat oven to 325° . Set out an ungreased 12x17-inch baking sheet.

Cream butter or margarine. Gradually beat in sugar, then vanilla. Sift flour and salt together. Mix in well. Stir in oats. Dough will be stiff.

Shape into balls around candied cherries. Set 1 inch apart on baking sheet.

Bake on middle rack 10 minutes, then shift to higher rack for 5 minutes more, until delicately brown.

While still warm, roll in confectioners sugar. Cool on a rack.



Faith Ackerman
Hood River

SUGAR PLUMS

4 dozen

$\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cup brown sugar, packed
 1 egg
 $\frac{1}{4}$ cup molasses
 2 cups flour
 1 teaspoon soda
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon ginger

$\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon cinnamon
 1 cup shredded coconut
 48 small pitted tenderized
 prunes
 water
 sugar for coating

Cream shortening and brown sugar. Beat in egg and molasses until well blended. Gradually sift in dry ingredients, beating constantly. Stir in coconut. Chill 1-2 hours.

Preheat oven to 375°. Set out 4 ungreased 10x15-inch baking sheets.

For each cookie, flatten a spoonful of dough. Place a prune in center, shaping dough around it. Dip top of each cookie in water, then in sugar. Place, sugar side up, 2 inches apart on baking sheets.

Bake 12-15 minutes until light brown.



Betty Lampman
Parkdale

ANISE DROPS
about 2 dozen

1 large egg
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup sugar
dash salt

1 teaspoon anise seed
 $\frac{3}{4}$ teaspoon grated lemon
zest
 $\frac{1}{4}$ teaspoon anise extract

Set out a $10\frac{1}{2} \times 15\frac{1}{2}$ -inch baking sheet.

Beat egg at highest speed 5-7 minutes until very thick and pale. Set aside.

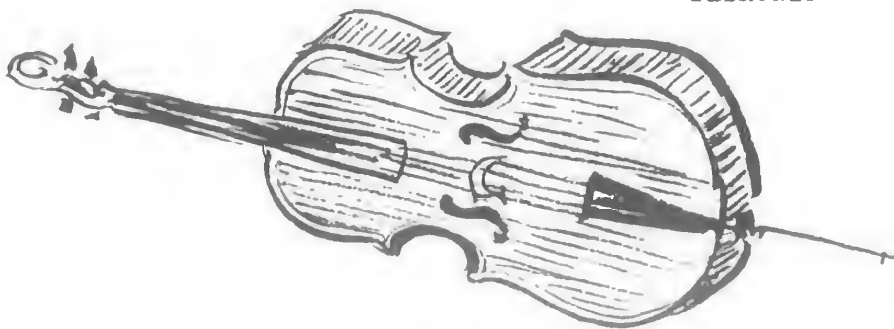
Sift flour, sugar and salt into a bowl. Stir in anise seed and lemon zest, then egg and extract.

Drop by half-teaspoonfuls onto baking sheet, 1 inch apart. Let stand 12 hours to over night at room temperature. The dough will form two layers.

Preheat oven to 300° .

Bake cookies 20-25 minutes, until tops begin to color and a toothpick inserted in one comes out clean.

Betty Lampman
Parkdale



CHRISTMAS COOKIES

50-70 pieces

1 cup shortening, softened
(half may be butter)
1 cup sugar
1 large egg
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla



2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $2\frac{1}{2}$ -3 cups sifted flour
optional decorations: colored
sugar, nonpareilles, chocolate
shot, coconut, etc.

Preheat oven to 350°. Set out 2 ungreased 14x18-inch baking sheets.

Beat first 5 ingredients together at medium speed until well blended. Sprinkle with baking powder and salt. Beat in. Stir in about 2 cups flour just until mixed, then enough additional flour to make a dough that will hold a soft peak. Shape as shown below, arranging on baking sheets about 1-1 $\frac{1}{2}$ inches apart. Decorate if desired.

Bake 8-10 minutes until very lightly browned. Remove immediately with a spatula to racks to cool. Let pans cool completely before adding next batch. Store these long-keeping cookies in a loosely covered container. If they soften, re-crisp in a 350° oven 3-5 minutes.

To Shape:

With Cookie Press: Press out immediately.

By Hand: Chill dough several hours to over night. Brush smooth-surfaced cookies with milk before adding decorations.

Rolled: Roll out, about a third at a time, on a lightly floured board to about 1/16-1/8 inch thickness. Cut out.

Molded: Make 1-inch balls. Flatten with a wet dinner fork.

Variations:

Glazed: Brush with a thin glaze while still warm.

Sandwiches: Shortly before serving, sandwich pairs with icing or a thick jam.

Ice Cream Sandwiches: Bake rolled dough cut in squares, rectangles, or other shapes. Freezer-chill a metal pan. Slice brick ice cream $\frac{1}{4}$ - $\frac{1}{3}$ inch thick. Cut to fit cookies. Arrange in chilled pan. Freeze hard. Wrap each in foil or freezer plastic. Pack in a freezer container. Store in freezer until needed. To serve, sandwich an ice cream piece between 2 cookies.



Juanita Salta
Portland

AUNT ESTHER'S SPRITZ COOKIES
6-7 dozen

1 cup sugar
 $\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup butter or margarine
3 egg yolks
 $\frac{1}{2}$ cup whipping cream

1 teaspoon vanilla
3- $\frac{2}{3}$ cups flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder

Cream sugar, shortening, butter and egg yolks until light and fluffy. Beat in cream and vanilla. Combine dry ingredients and stir in until well blended. Chill.

Preheat oven to 375°. Lightly grease 2 14x18-inch baking sheets.

Force dough through a cookie press onto baking sheets about 1 inch apart.

Bake about 11 minutes until set, with light brown edges. Remove from pans immediately to cool on racks.

Judy Wallender
Hood River

PRESSED PEANUT BUTTER COOKIES
about 6 dozen

$\frac{1}{2}$ cup shortening, softened
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup creamy peanut butter
1 egg

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda dissolved in 1 tablespoon hot water
about $1\frac{1}{2}$ cups flour

Preheat oven to 350°. Set out 2 ungreased 14x18-inch baking sheets.

With Processor: Process shortening, sugars, peanut butter and egg with the steel knife until well blended. Add salt and dissolved soda. Blend. Add 1 cup flour and process until well mixed. Add just enough of remaining flour to make a soft dough that will hold together when pinched.

With Electric Mixer: Cream shortening, sugars, peanut butter and egg together. Beat in salt and dissolved soda. Stir in 1 cup flour, then enough of remaining flour to make a soft dough that will hold together when pinched.

Press onto cookie sheets $1\frac{1}{2}$ inches apart. Bake, 1 pan at a time, 8-11 minutes until edges are slightly colored. Let rest 1-2 minutes. Remove to racks to cool. Let pans cool completely before pressing a fresh batch of cookies.

These cookies are very crisp. Store loosely covered.

To Hand-Mold: Chill dough at least 1 hour. Shape into walnut-sized balls. Set on baking sheets about 2 inches apart. Press out crisscross fashion with a dampened fork, or flatten with the dampened bottom of a small glass. (An old fashioned cheese glass with a design on the bottom will transfer the design to the cookies.)

grazioso ~

Juanita Salta
Portland

COFFEE LACE HORNS
about 4 dozen

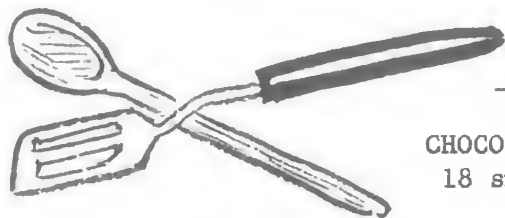
$\frac{1}{2}$ cup dark corn syrup	$\frac{1}{4}$ teaspoon baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon baking soda
$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) margarine	$\frac{1}{2}$ cup flaked coconut
$\frac{1}{2}$ cup flour	
1 tablespoon instant coffee granules	

Bring corn syrup, sugar and margarine to a boil in a heavy 1-quart saucepan, stirring frequently. Cool.

Preheat oven to 350°. Grease and flour 4 10x15-inch baking sheets.

Sift flour with coffee, baking powder and soda. Stir into cooled mixture. Stir in coconut. Drop by half-teaspoonful 2 inches apart on baking sheets.

Bake, 1 sheet at a time, 8-10 minutes, until lightly browned. As soon as wafers can be lifted with a spatula, remove each and quickly roll around handle of a wooden spoon. If cookies harden on sheet, return to oven briefly.



Betty Lampman
Parkdale

CHOCOLATE TRUFFLES
18 small candies

4 ounces semi-sweet chocolate	1 egg yolk
3 tablespoons 2% milk	2-3 tablespoons Dutch
3 tablespoons plus 2 teaspoons unsalted butter	cocoa

Melt chocolate in milk over simmering water, stirring constantly. Blend in butter. Cool until comfortably warm to the touch. Stir in egg yolk. Cover and chill until firm. Shape into balls the size of small cherries. Roll in cocoa. Store in refrigerator, covered.

Madeleine Schuback
Portland

CHOCOLATE NUT CARAMELS

64 candies

3/4 cup light corn syrup	1 teaspoon vanilla
1/2 cup (1 stick) butter (no substitute)	6 tablespoons unsweetened cocoa
1 cup half-and-half cream	1/2 cup chopped nuts
1 cup sugar	

Heavily butter an 8x8-inch square cake pan and set aside.

Heat syrup, butter and half the cream in a heavy 3-4 quart saucepan or flameproof casserole. Stir in sugar. Bring to a rolling boil, stirring. Gradually add remaining cream without allowing mixture to stop boiling, stirring if necessary.

Continue boiling without stirring until a small amount dropped into very cold water forms a hard ball. Reduce heat if it threatens to burn around edges. If necessary to stir to prevent burning, draw a wooden spoon slowly and gently around edges and across bottom of pan.

Off-heat, stir in cocoa and vanilla, then nuts. Immediately pour into prepared pan.

When cooled, turn out on a flat surface and cut into squares. Wrap each in foil, plastic wrap or waxed paper. May be stored at room temperature.



Mary Fax
The Dalles

Chapter 14 Preserving

MEATLESS MINCEMEAT

2½-3 quarts

- | | |
|---|---|
| 1 large lemon, cut in chunks | ½ teaspoon cloves |
| 2 15-16 ounce packages raisins,
divided | ½ teaspoon ginger |
| 1½ cups mixed diced candied
fruits | ½ teaspoon salt |
| 1 20-ounce can unsweetened
crushed pineapple | ½ cup white vinegar |
| 1½ cups light brown sugar | 4-5 cups cored, peeled pears
in ½-inch cubes |
| 2 cups sugar | 2 cups cored, peeled cooking
apples, in ½-inch cubes |
| 1 teaspoon cinnamon | ½ cup lemon juice |
| 1 teaspoon nutmeg | ½ cup brandy |
| 1 teaspoon allspice | ½ cup dark rum |

Finely chop lemon and half the raisins in a processor or by hand. Turn into a heavy 6-8 quart kettle. Add candied fruits, pineapple, sugars, spices, salt and vinegar. Set aside. Mix pears and apples with lemon juice while preparing to protect color. Mix with ingredients in kettle. Cover.

Bring to a boil, stirring frequently. Reduce heat to a very slow simmer. Cook 45 minutes, stirring occasionally. Add remaining raisins, brandy and rum. Simmer slowly, uncovered, until most liquid has been absorbed. Stir frequently. At this stage the mixture burns easily.

Meanwhile, heat canning kettle. Prepare jars, lids and rings.

Ladle hot mincemeat into jars to ½-inch of top. Clean jar rims. Seal. Process 30 minutes for quarts, 25 for pints. Age 1-2 months before using. See Index for pie recipe.

Lucille Howell
Portland

QUINCE PRESERVES

3 12-ounce jars

1½ quarts peeled, cored
sliced ripe quince

4 cups sugar
2 quarts water

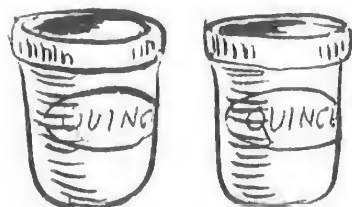
Prepare fruit. Color preservative is not needed.

Bring sugar and water to a boil in a 6-quart kettle, covered. Reduce heat to a simmer and cook, uncovered, 5 minutes.

Add quince. Simmer, uncovered, about 1 hour, until fruit is translucent and a coral red, and syrup is at the sheeting stage. Stir occasionally.

Meanwhile, sterilize jars. Heat lids and rings.

Ladle preserve into jars. Clean jar rims. Seal.



Lucille Howell
Portland

PRESERVING PRIMER

Keep hands, tools, utensils and work areas immaculate.

Use the freshest possible produce, fresh spices. For cucumber pickles, use cucumbers picked the same day.

Vinegar must have at least 5-6% acidity. Salt must be non-iodized. For safety, do not tamper with acid-salt proportions in pickling recipes.

Use only nonmetallic (except stainless steel) lined utensils and tools to avoid interaction between metals with acids and salt. Small canning jars give a more secure seal than jelly glasses and paraffin -- and are safer.

Sterilize jars in a dishwasher with a high heat setting; or set, partly filled with water, on rubber jar rings in a pan of water. Boil 15 minutes.

To seal jars that are not to be processed, turn upside down as soon as sealed. Turn rightside up when next jar is ready.

ADD-A-BERRY JAM

16 8-ounce jars

The needed fresh fruits were out of season by the time this recipe arrived, so it has not been tested.

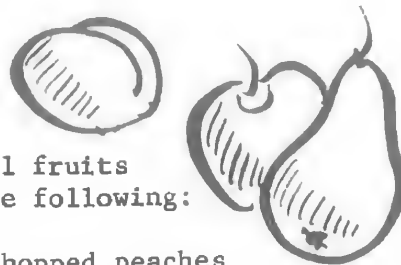
2 cups sugar
*2 cups diced rhubarb

2 cups sugar for each 2 cups seasonal fruits
2 cups each, in season, of any of the following:



sliced strawberries
raspberries
any of the blackberries
halved pitted cherries
chopped apricots

chopped peaches
chopped plums
chopped pears
chopped peeled apples
other fruits as available



*essential ingredient, which acts as a preservative.

Sterilize a 1-gallon jar with a good lid.

Combine 2 cups sugar with 2 cups rhubarb in a 4-quart kettle. Bring to a boil. Reduce heat to a brisk simmer and cook 10 minutes, uncovered, stirring frequently. Ladle into hot jar. Cap tightly and refrigerate.

Repeat as other fruits become available, using 2 cups sugar to 2 cups prepared fruit. Cool slightly, cover, and let stand until warm. Stir into jar. Recap and refrigerate.

When jar is full, sterilize jam jars. Heat lids and rings

Bring jam to a boil in about 6-8 cup batches in a 4-quart kettle. Ladle into hot jars. Clean jar rims. Seal.



Jan Johnson
Portland

OLD-FASHIONED SWEET PICKLES 17-19 pints

50 4-5 inch pickling cucumbers	2 quarts cider vinegar
cold water (see instructions)	4 quarts sugar
pickling salt (see instructions)	4 cinnamon sticks, broken
2 teaspoons alum	2 tablespoons whole cloves

Day 1. Scrub cucumbers well. Prick deeply all over with a fork. Turn into a crock. Add cold water to cover. Remove cucumbers. Add an egg to the water. Stir in enough pickling salt to float the egg. (Or use 2 cups salt to 1 gallon water.) Remove egg and return cucumbers. Weight with a plate with a rock or jar of water on top, being sure that all cucumbers are submerged. Drape with a clean cloth. Let stand at room temperature.

Next 2 weeks. Inspect daily. When scum forms, remove. Wash plate and weight, stir cucumbers and again weight. Cover with the cloth.

Day 14. Drain and thoroughly wash cucumbers. Wash container. Cut cucumbers in 1-inch chunks and return to container. Cover with cold water. Add alum and mix in with hand. Cover with cloth and let stand over night.

Day 15. Bring vinegar, sugar, and spices to a rolling boil in a 6-quart kettle. Wash cucumbers and container. Return cucumbers to container. Pour boiling syrup over them, ensuring that all are covered. Drape with a clean cloth.

Days 16, 17 and 18. Drain syrup off into kettle. Bring to a boil. Pour over pickles.

Day 19. Sterilize jars (any kind) with their lids. Drain off syrup into kettle. Bring to a rolling boil. Pack pickles into hot jars. Pour syrup over them, ensuring they are covered. Insert a knife along jar sides to dislodge bubbles. Clean jar rims. Seal. Serve chilled.

Mabel Boylen
Portland

OLD FASHIONED DILL PICKLES 2 2-quart jars

This crisp, long-keeping pickle contains less salt than most.

28-32 3½-inch pickling cucumbers	½ teaspoon alum
1 recipe Marinade (below)	
12 large umbrels fresh dill	<u>Marinade:</u>
4 large cloves garlic	7½ cups water
12 black peppercorns	2½ cups cider vinegar
1/8 teaspoon crushed dried	2½ tablespoons pickling
red (chili) peppers	salt

Sterilize jars. Heat lids and rings.

Scrub cucumbers with a brush. Rinse. Dry on paper towels. Prick deeply all over with a fork.

Bring marinade ingredients to a boil. Pack in each hot jar in the order given, cucumbers in vertical tiers:

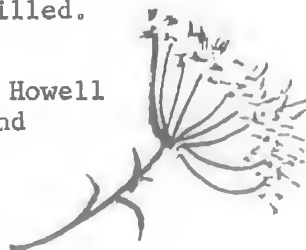
2 umbrels dill	2 umbrels dill
1 clove garlic	1 clove garlic
3 black peppercorns	3 black peppercorns
1/16 teaspoon red	2nd tier tightly packed
peppers	cucumbers
tier of tightly	2 umbrels dill
packed cucumbers	¼ teaspoon alum

Press down gently. Add boiling marinade. Slip a thin knife down jar side to dislodge bubbles. Add a little more marinade if necessary to cover cucumbers.

Clean jar rims. Seal with hot lids and rings.

Age 6 weeks before using. Serve chilled.

Louise Howell
Portland



ICE WATER MIXED VEGETABLE PICKLES

4 quarts

*4 quarts mixed vegetables
ice water to cover
1 recipe Syrup (below)
4 teaspoons mustard seed
4 teaspoons celery seed
 $\frac{1}{2}$ teaspoon dillweed
 $\frac{1}{2}$ teaspoon alum

4 cloves garlic

Syrup:

1 quart cider vinegar
2 cups water
1 cup sugar
 $\frac{1}{2}$ cup pickling salt

*any combination of cucumbers, beans, celery, carrots, zucchini, cauliflower, onions and bell peppers cut in bite-size pieces.

Combine vegetables with ice water to cover in a large bowl. Cover and refrigerate 4 hours to over night. Drain thoroughly.

Sterilize jars. Heat lids and rings.

Bring syrup ingredients to a boil over high heat in a 3-4 quart kettle. Boil, uncovered, 5 minutes.

Pack vegetables into hot jars. Divide remaining ingredients between them. Pour boiling syrup in to cover vegetables. Run a knife down jar sides to dislodge bubbles. Clean jar rims. Seal.

Age 6 weeks before serving.



J. Simpson
Oregon City

HOT PEPPER JELLY
about 6 8-ounce jars

1½ cups cider vinegar
6½ cups sugar
*½ cup chopped hot chili peppers
½ cup chopped green bell peppers
½ cup chopped onions
1 bottle Certo

*Wear rubber gloves to handle chilis. Remove
about 2/3 of the seeds before chopping.

Sterilize jars. Heat lids and rings.

Combine all ingredients except Certo in a 6-quart
kettle. Bring to a boil over high heat. Stir in Certo and
boil exactly 5 minutes.

Off-heat, skim. Let stand 5 minutes to settle
solids. Stir.

Ladle into jars. Clean jar rims. Seal.

Serve a dab on a cream cheese-spread cracker, to
accompany meats, or to glaze a baked ham or pork roast.

Con fuoco



Tracy McRaney
Waynesboro, Mississippi

Chapter 15 Odds & Ends

PESTO about 1-1/3 cups

- *1 cup grated imported Parmesan cheese
- 1/2 cup pine nuts
- 4 medium cloves garlic, cut up
- dash grated lemon zest
- 2 cups loosely packed fresh basil leaves
- about 2/3 cup olive oil

* or 1/2 cup Parmesan and 1/2 cup Romano



By Processor: Grate cheese and set aside. With the steel knife, and scraping down bowl sides as necessary, process pine nuts, garlic and zest to a paste. Add cheese and process until blended. Add basil. Process until smooth. With motor running, drizzle oil through tube until mixture is the consistency of mayonnaise. Scrape bowl sides. Process 2-3 seconds more. By Hand: Use a mortar and pestle.

Use immediately, or pack in small jars, seal top with a thin film of olive oil, cap tightly and refrigerate. It will keep up to 2 months.

This Northern Italian staple is most often seen tossed with pasta (with butter and additional Parmesan) or floated in rich vegetable soups. It can be added to taste to many other foods, for example: Tomatoes Pesto (see Index); toss with cooked vegetables (especially green beans and broccoli); use to enliven spaghetti or tomato sauce, or vinaigrette; stir into cottage or cream cheese; mix with mayonnaise or softened butter when making sandwiches. . . .



Juanita Salta
Portland

MUSTARD SAUCE FOR HAM

about 1½ cups

1 egg, beaten
 ½ cup sugar
 2 tablespoons dry mustard
 2 tablespoons flour

dash salt
 ¼ cup cider vinegar
 ¼ cup water
 1 teaspoon prepared mustard

Whisk all ingredients together in a non-metallic or stainless steel top of a double boiler. Set over simmering water and cook, uncovered, 15-20 minutes, stirring occasionally, until thickened. Chill.

Serve with ham. Can also be used as a sandwich spread.



Rex and Mary Crouse
 Portland

BERRY CREAM FOR BAKED HAM

about 1½ cups

½ cup whipping cream
 3-4 teaspoons prepared mustard, to taste
 1½ teaspoons light brown sugar
 3 tablespoons loganberry or boysenberry jelly
 dash salt

Whip cream. Stir in remaining ingredients.

Doucement

Gertrude Townsend
 Portland

CRUNCHY COATING MIX

2 cups

2/3 cup yellow cornmeal
 1/2 cup grated Parmesan cheese
 1/3 cup sesame seed
 1/3 cup toasted wheat germ
 4 teaspoons garlic powder
 2 tablespoons parsley flakes
 1 tablespoon whole thyme

2 teaspoons rubbed sage
 1 1/2 teaspoons whole oregano
 1 1/2 teaspoons whole marjoram
 1 1/2 teaspoons paprika
 1 teaspoon black pepper
 1/2 teaspoon salt

Mix all ingredients, cover tightly and store in refrigerator until needed.

Use for Crunchy Chicken, Crunchy Fish and Crunchy Pork Chops (see Index). Each recipe takes 1 cup mix.



Kristen Tooley
Portland

BUERRE MANIE



1/2 cup (1 stick) butter or butter-flavored margarine, softened
 1/2-2/3 cup flour

Mix to a paste. Refrigerate, covered, and use as needed. Shelf life is the same as for the fat used.

To use: About 1 1/2 tablespoons equal 1 tablespoon flour in thickening power. Drop small pieces into simmering liquid, whisking constantly. Simmer, uncovered, 5-10 minutes to thoroughly cook flour.

PAPA TOOLEY'S HOMEMADE GRANOLA
about 3 quarts

$\frac{1}{2}$ cup honey	1 cup chopped almonds or
$\frac{1}{2}$ cup oil	walnuts
1 pound (6 cups) old fashioned	1 cup hulled sunflower
rolled oats	seeds
1 cup unsweetened shredded	1 cup wheat germ
coconut	$\frac{1}{2}$ cup sesame seeds

Preheat oven to 325°. Lightly grease a 14x18-inch baking sheet.

Bring honey and oil to a boil in a small saucepan. Mix with remaining ingredients in a large mixing bowl. Spread on baking sheet.

Bake about 25 minutes, until brown, stirring occasionally.

Let cool in pan, loosening with a spatula while still warm. When cold, store in an air-tight container.



Kristen Tooley
Portland

BANANA PRESTO
1-2 servings

1 medium banana	1 tablespoon lemon juice
1 tablespoon honey	1 cup plain yogurt

Combine banana, honey and lemon juice in blender. Blend until smooth. Turn into a small bowl. Stir in yogurt.

Betty Lampman
Parkdale

WALDMEISTER BOWLE (MAY WINE)

8-10 servings

This recipe arrived too late for the sweet woodruff, which has little fragrance in cooler months, so it has not been tested.

- 7 sprigs sweet woodruff
- 1 tablespoon superfine sugar
- 1 bottle chilled white wine such as Riesling, Mosel, Rhine or Chenin Blanc
- 1 bottle chilled champagne
- simple syrup to taste (optional) - see below
- sweet woodruff sprigs for garnish

Crush woodruff with sugar. Stir in about 1 cup of the white wine. Cover. Let stand at room temperature about an hour until the woodruff fragrance is noticeable.

Strain into a chilled 2-quart pitcher or a punch bowl. Add remaining wine and mix. Just before serving, add champagne. If too dry, add a little simple syrup. Float a few woodruff sprigs on top. Serve immediately.

Variation: For a lighter version, substitute club soda for the champagne -- about 1 part soda to 2 parts white wine.



2 parts sugar



Edith Minde
Portland

SIMPLE SYRUP

1 part water



Simmer sugar and water together 5 minutes. Chill.

ROSY WASSAIL
12-14 servings

1 pint cranberry juice cocktail	1 bottle dry California
1 6-ounce can frozen orange	sauterne or similar wine
juice concentrate, thawed	red food coloring (optional)
2 cups water	1-2 oranges, thickly sliced
$\frac{1}{4}$ teaspoon ground allspice	whole cloves
1 tablespoon sugar	

Combine all ingredients except wine, oranges and cloves in a non-metallic 3-4 quart kettle. Heat over medium heat almost to simmering. Stir in wine and heat. Do not let boil. Stir in optional food coloring.

Pour Wassail into a large punch bowl warmed with hot water and dried. Stud orange slice rims with cloves and float on top.



con brío

Rex and Mary Crouse
Portland

QUICK SANGRIA-BY-THE-GLASS
1 serving

1/3 10-ounce can frozen lemonade concentrate, thawed
1 tablespoon orange-flavored Tang
ice cubes
about 6 ounces full-flavored red wine
1-2 teaspoons fresh lemon juice (optional)

Dissolve Tang in concentrate in a 12-14 ounce glass. Pack with ice cubes. Fill glass with wine. Stir just enough to blend. Add optional lemon juice to taste.

Lucille Howell
Portland

ELMER FUDD'S PUCKER PUNCH
12-15 servings

- 1 12-ounce can frozen lemonade concentrate, thawed
- 3 12-ounce cans chilled light beer (do not use a heavy beer)
- 1 beer-can vodka

Mix all ingredients in a 2-quart pitcher.



Wava Skaggs
Savage Maryland

— *Mit Ausdruck*

HOT CHOCOLATE MIX
3 pounds

- 1 1-pound box Nestle's Quick
- 1 8-quart box dry powdered milk
- 1 6-ounce jar Coffee Mate
- 1 cup confectioners sugar (optional)

Mix all ingredients together. Store air-tight in a large container.

To Make Hot Chocolate: Half fill a cup or mug with mix. Whisk or briskly stir in boiling water to fill cup.

Variation: Add 1 2-ounce jar instant coffee granules.

Mary Deach
Hood River

BERRY WINE

about 2½ gallons

This old family recipe arrived too late for independent testing, but the wine that came with it has received high marks from tasters.

- 1 gallon blackberries, strawberries or elderberries
- 3 gallons water
- *sugar
- 1 cake or 1 packet dry Fleischmann's Yeast
- ½ cup lemon juice
- 2 pounds raisins

*sugar for a medium dry wine:

blackberries	7½ pounds
elderberries	9 pounds
strawberries	7 pounds

Wash berries and place in a 5-6 gallon crock. Bring water to a boil in a 16-quart kettle. Stir in sugar. When boil resumes, boil 5 minutes. Pour over berries. Cool to lukewarm.

Stir in yeast and lemon juice. Cover. Let stand at room temperature 7 days, stirring frequently.

Strain into a 5-gallon water jug. Add raisins. Vent with a small hose with one end inserted through a cork into neck of jug and the other in a quart jar of water, or use a commercial venter. Let stand at room temperature until gas venting stops, or slows to 1-2 minutes between bubbles, about 2-3 weeks.

Strain into bottles. Cap loosely and let stand 1 week. Tighten caps. Age 2 months.

Grape Wine: Crush grapes with a potato masher. Use 7 pounds sugar.

Da capo al fine.

Floyd Green
Portland

TESTERS

The following have tested recipes for this book. Their comments have been included in the recipes, for fine-tuning, completeness and accuracy.

Faith Ackerman	Mary Jackson
Barbara Alberty	Pamela Jacobson
Wyllamine Bostwick	Sylvia Kinnari
Dolores Chambers	Betty Lampman
Janet Crank	Edith Minde
Gloria Crouse	Ann Parker
Mary Deach	Joanna Peacock
Hazel DeLorenzo	Lois Pope
Kathy Doering	Lucy Rice
Mary Fax	Rae Richen
Louise Garrels	Juanita Salta
Frank Gesley	Dinah Smith
Floyd Green	Kristen Tooley
Carol Hahn	Martha Veness
Betsy Hatton	Anne Weis
Anne Howell	
Lucille Howell	

SUBSTITUTIONS

Baking Powder, Double Acting	$\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon cream of tartar $1\frac{1}{2}$ teaspoons phosphate or tartrate baking powder
Butter, 1 cup	1 cup solid margarine $\frac{4}{5}$ cup clarified bacon grease $\frac{7}{8}$ cup lard $\frac{3}{4}$ cup clarified chicken fat $\frac{7}{8}$ cup vegetable oil
Chocolate, Baking, 1 ounce	3 tablespoons cocoa, 1 tablespoon butter
Cream, Light, 1 cup	$\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup melted butter
Crumbs, Fine Bread, 1 cup	$\frac{3}{4}$ cup fine cracker crumbs
Eggs, 1 (sauces, custards)	2 yolks
Eggs, 1 (baking)	2 yolks, 1 tablespoon water
Flour, All-Purpose, 1 cup	$\frac{7}{8}$ cup cake flour
Flour, Self-Rising, 1 cup	1 cup all-purpose flour, $1\frac{1}{2}$ teaspoons baking powder, dash salt
Honey or Light Corn Syrup, 1 cup	$1\frac{1}{2}$ cups sugar, 1 cup liquid
Milk, Whole, 1 cup	$\frac{1}{2}$ cup evaporated milk, $\frac{1}{2}$ cup water
Milk, Whole, 1 cup	1 cup skimmed, 2 teaspoons melted butter or 1 tablespoon cream
Milk, Butter-, Sour, 1 cup	1 cup milk, 1 tablespoon vinegar, let stand 10 minutes
Milk, Sour, 1 cup	1 cup buttermilk
Shallots, $\frac{1}{4}$ cup chopped	$\frac{1}{4}$ cup white of green onion, slice garlic, chopped together

COMPARATIVE THICKENERS FOR SAUCES AND SOUPS

<u>All Purpose Flour</u>	<u>Other:</u>	<u>Comments:</u>
2 T	cornstarch, 1 T	Breaks down if overcooked or overbeaten. Will not thicken extremely sweet or acid mixtures.
2 T	potato flour, 1 T	Thins if cooked above a gentle simmer. Will not hold and cannot be reheated.
2½ T	arrowroot, 1 T	As above.
1 T	tapioca, 2 t	Becomes stringy when boiled over over-cooked.
1 T	buerre manié, about 1½ T	Similar to pan-made roux.
2 T	egg yolks, 3 plus 1-2 T cream	Blend, stir in a little hot liquid, then stir into simmering liquid. Curdles if boiled.

COMPARATIVE FLOURS FOR BAKING - TO 1 CUP ALL PURPOSE FLOUR

Non-wheat flours usually require more fat and eggs.

½ cup barley	1½ cups rye
4-5 cups bean	1 cup lightly toasted powdered wheat germ with 2/3 cup all purpose flour
7/8 cup cake	1 cup fine whole wheat or graham
5/8 cup potato	7/8 cup coarse whole wheat or graham
*7/8 cup rice	

*non-waxy

BASIC SALT TABLE
Adjust to personal preference.

<u>Food:</u>	<u>Salt in teaspoons:</u>
cereals, 1 cup cooking liquid	$\frac{1}{4}$ - $\frac{1}{2}$
fish, 1 quart poaching liquid	$1\frac{1}{2}$
flour, 1 cup	$\frac{1}{4}$ - $\frac{1}{2}$
meat, 1 pound	1
saucers, 1 cup	$\frac{1}{4}$ - $\frac{1}{2}$
soups, 1 quart	1
vegetables, 1 cup cooking water	$1/8$

CANNING AND FREEZING SYRUPS
Proportions to 1 quart (4 cups water)
Use 1- $1\frac{1}{2}$ cups per quart fruit.

<u>Syrup Description</u>	<u>Cups Yield</u>	<u>Cups Sugar</u>	<u>OR</u>	<u>Cups Sugar</u>	<u>Plus</u>	<u>Cups Light Corn Syrup</u>
Light	5	2		$1-1/3$		$2/3$
Medium	$5\frac{1}{2}$	3		2		1
Heavy	$6\frac{1}{2}$	$4-3/4$		$3\frac{1}{2}$		$1\frac{1}{2}$
Extra Heavy	$7-3/4$	7		$4-2/3$		$2-1/3$

Bring water and sugar, or water, sugar and light corn syrup to a boil, covered, in a large heavy kettle with 4 times the capacity of the ingredients measure. Reduce heat to a brisk simmer and cook, uncovered, 5 minutes.

SUGAR BOILING TEMPERATURES

Boiling sugar mixtures reach a given temperature at a given doneness. When a candy thermometer is not available, sugar mixtures up to about 310° can be tested by dropping $\frac{1}{2}$ teaspoon into very cold water. Use the following table to determine temperature.

<u>Degrees F:</u>	<u>Term:</u>	<u>Description:</u>
230-234	Thread	Separates into soft, wooly threads. Water turns cloudy.
234-240	Soft Ball	Settles into a cohesive mass that flattens when picked up in fingers.
242-248	Firm Ball	Forms a ball that holds its shape, but can be flattened with fingers.
250-268	Hard Ball	Forms a ball that holds its shape, does not flatten easily, but is still pliable.
270-290	Soft Crack	Separates into threads which are pliable when removed from water.
300-310	Hard Crack	Separates into hard, brittle threads.
310-338	Caramel	Darkens in pan.
350		Burns.

Always cook sugar mixtures in a heavy utensil with at least 4 times the capacity of the ingredients to avoid boil-overs.

COMPARATIVE BAKING PAN SIZES

<u>LxW</u> <u>Inches</u>	<u>Depth</u> <u>Inches</u>	<u>Square</u> <u>Inches</u>	<u>*Cooking</u> <u>Capacity</u>
<u>Round:</u>			
8 (pie)	1	50	3 cups (to brim)
9 (pie)	1	64	4 cups (to brim)
10 (pie)	1	79	5 cups (to brim)
8	1½	50	3 cups
9	1½	64	3½ cups
10	1½	79	4 cups
12	1½	113	5 cups
<u>Square:</u>			
8	2	64	6 cups
9	2	81	7 cups
10	2	110	8 cups
6½	2	42½	4 cups
7	2	49	4½ cups
<u>Rectangle:</u>			
9x5 (loaf)	3	45	6 cups
8½x4½ (loaf)	2½	38½	5 cups
12½x8½	2	106½	8 cups
12x9	2	108	8 cups
13x9	2	117	14 cups
15½x10½	1	160	—
(jelly roll)			
18x14 (sheet)	—	252	—
17x12 (sheet)	—	204	—

4 cups equal 1 quart

*Actual cooking capacities vary according to the angle of the sides, corner shape, and needed headspace for various foods. Except as indicated for pie pans, these measurements allow some headspace. These measurements can be considered only approximate and are included for comparison only.

COMMON CAN SIZES

<u>Size:</u>	<u>Weight:</u>	<u>Approximate Cups:</u>
buffet	8 ounces	1
condensed broth	10½ ounces	1-1/3
uncondensed broth	14½ ounces	1-7/8
12-ounce vacuum (corn)	12 ounces	1½
#300	14-16 ounces	1-3/4
#303	16-17 ounces	2
#2	*1 pound 4 ounces	2½
#2½	29 ounces	3½
#3 or 46 fl. ounces	**3 pounds 3 ounces	5-3/4
#10	6½-7¼ pounds	12-13
15-ounce milk, condensed	15 ounces	1-1/3
6-ounce milk, evaporated	6 ounces	2/3
13-ounce milk, evaporated	13 ounces	1-2/3

*or 1 pint 2 fluid ounces
 **or 1 quart 14 fluid ounces

ICE CREAM SCOOP SIZES

#10	½ cup
#12	3/4 cup

EQUIVALENTS

Almonds, in shell	1 pound	1-1½ cups shelled
Almonds, shelled	1 pound	4-4½ cups
Almonds, ground	1 pound	2-2/3 cups
Almonds, slivered	1 pound	5-2/3 cups
Apples	1 pound	3-4 medium
Apples	1 pound	2½-3 cups sliced
Apples, dried	9 ounces	3 cups diced
Apples, dried	8 ounces	5 cups cooked
Apricots	1 pound	5-8 medium
Apricots, dried	1 pound	3 cups
Apricots, dried	6 ounces	1 cup diced
Apricots, dried	2 cups	5 cups cooked
Artichoke, Globe	1/3-3/4 pound	1 artichoke
Artichoke, Jerusalem	1 pound	12-16 small to medium
Asparagus	1 pound	16-20 stalks
Asparagus, average bundle	2-2½ pounds	3-4 dozen stalks
Bacon	1 pound	25 thin slices
Bananas	1 pound	1½-1-3/4 cups mashed
Barley, pearl	1 pound	6 cups cooked
Barley, whole	1 pound	6 cups cooked
Beans, dry kidney	1 pound	1½ cups
Beans, dry kidney	1 pound	9 cups cooked
Beans, dry lima	1 pound	2-1/3 cups
Beans, dry lima	1 pound	6 cups cooked
Beans, dry navy	1 pound	2-1/3 cup
Beans, dry navy	1 pound	6 cups cooked
Beans, green or wax	1 pound	2 cups
Beef, cooked	1 pound	3 cups chopped
Beef, raw	1 pound	2 cups ground
Beets	1 pound	3-5, 2 cups diced
Brazil nuts, in shell	1 pound	1½ cups shelled
Brazil nuts, shelled	1 pound	3 cups
Bread	1 pound	20 slices
Bread	pullman loaf	33-34 slices
Bread, fresh	1 slice	1 cup soft crumbs
Bread, dry	1 slice	1/3 cup dry crumbs

Broth, canned condensed	10½ ounces	1-1/3 cups
Broth, uncondensed	14½ ounces	1-7/8 cups
Buckwheat groats	1 cup	4 cups cooked
Bulgar	1 cup	4 cups cooked
Butter	1 stick	½ pound
Butter	1 stick	½ cup
Butter	1-1½ teaspoons	spread 1 slice bread
Butter	1 pound	spread 50-60 slices bread
Cabbage	1 pound	4½ cups shredded
Cabbage	1 pound	2 cups shredded, cooked
Carrots	1 pound	6-8 medium
Carrots	1 pound	12-14 slender
Carrots	1 pound	25-35 baby
Carrots	1 pound	2½ cups shredded
Catsup,	1 14-ounce bottle	1 cup plus 3 tablespoons
Celery	1 pound	2 cups diced
Cheese, Cheddar	1 pound	4 cups shredded
Cheese, cottage	1 pound	2 cups
Cheese, cream	1 ounce	2 tablespoons
Cheese, Jack	1 pound	4 cups shredded
Cherries	1 pound	1 quart unpitted
Cherries	1 pound	2 cups pitted
Cherries, candied	1 pound	3 cups
Chestnuts, in shell	1½ pounds	1 pound shelled
Chestnuts, shelled	1 pound	2-2½ cups
Chestnut puree	20 ounces	1 quart
Chili Sauce	1 12-ounce bottle	1 cup
Chinese cabbage	1 pound	4 cups shredded
Chinese cabbage	1 pound	2 cups shredded, cooked
Chocolate, baking	1 ounce	1 square
Chocolate, bits	12 ounces	1-3/4 cups
Cocktail Sauce,	1 12-ounce bottle	1 cup
Seafood		
Cocoa	1 pound	4 cups
Coconut	1 pound	5-6 cups shredded

Coffee, ground	1 pound	3½ cups
Coffee, ground	1 pound	40 cups brewed
Corn, ears	12 medium	3 cups cut kernels
Cornmeal	1 pound	3 cups
Cornmeal	1 cup	4 cups cooked
Cornstarch	1 pound	3 cups
Crackers, graham	15	1 cup fine crumbs
Crackers, soda	28	1 cup fine crumbs
Cranberries	1 pound	3-4 cups sauce
Cream, whipping	1 cup	2 cups whipped
Currants, dried	11 ounces	2 cups
Dates, unpitted	1 pound	2 cups pitted
Dates, diced, sugared	1 pound	2-2/3 cups
Eggs, large, whole	4-6	1 cup
Eggs, large, whites	10-12	1 cup
Eggs, large, yolks	12-13	1 cup
Egg, large, whole	1	3 tablespoons stirred
Egg white, large	1	2 tablespoons stirred
Egg yolk, large	1	1½ tablespoons, stirred
Figs, dried	1 pound	2½-3 cups chopped
Figs, dried	1 pound	3-4 cups cooked
Filling, sandwich	¼-1/3 cup	1 sandwich
Filling, sandwich	1 quart	14-16 sandwiches
Flour, all purpose	1 pound	4 cups
Flour, cake	1 pound	4 cups
Flour, whole wheat	1 pound	3½-4 cups
Flour, graham	1 pound	3½-4 cups
Flour, self-rising	1 cup	contains 1½ teaspoons baking powder, ½ teaspoon salt
Fruits, candied	1 pound	2½ cups
Garlic powder	1/8 teaspoon	1 small clove garlic
Gelatin	¼-ounce packet	1 tablespoon
Ginger, fresh	1 tablespoon	1/8 teaspoon powdered chopped

Grapefruit	1 medium	$\frac{1}{2}$ - $\frac{3}{4}$ cup juice
Grapes	1 pound	$2\frac{1}{2}$ -3 cups seeded
Gum Tragacanth	$\frac{1}{4}$ ounce	1 tablespoon
Herbs, fresh	1 tablespoon	$\frac{1}{2}$ teaspoon dried
Honey	1 pound	$1\frac{1}{2}$ cups
Horseradish, fresh	1 tablespoon grated	1 tablespoon prepared
Lard	1 pound	2 cups
Leeks	6 medium	4 cups $\frac{1}{8}$ -inch slices
Lemons	1 pound	5-6 medium
Lemons	1	3 tablespoons juice
Lemons	1	$1\frac{1}{2}$ -2 teaspoons grated zest
Limes	1 pound	6-8 medium
Limes	1	1-2 tablespoons juice
Limes	1	1 teaspoon grated zest
Liver	1 pound	5-6 slices
Macaroni	1 pound	4 cups
Macaroni	1 pound	8 cups cooked
Marshmallows	$\frac{1}{4}$ pound	16 regular size
Marshmallows	$\frac{1}{4}$ pound	160 miniature
Mayonnaise	1- $1\frac{1}{2}$ teaspoons	spread 1 slice bread
Mayonnaise	1 pint	spread 50-60 slices bread
Molasses	1 pound	1- $\frac{1}{3}$ cups
Mushrooms, fresh	$\frac{1}{2}$ pound	3 cups sliced
Mushrooms, fresh, sliced	$\frac{1}{2}$ pound	1- $1\frac{1}{2}$ cups sauted
Mushrooms, fresh	$\frac{1}{2}$ pound	2-3 ounces, canned
Mushrooms, fresh	1 pound	3 ounces dried
Noodles, egg	1 pound	6 cups
Noodles, egg	1 pound	7 cups cooked

Oats, rolled	1 pound 2 ounces	6 cups
Oats, rolled	1 cup	1-3/4 cups cooked
Onions, dry	1 pound	3 large
Onions	1 medium	1/2 cup chopped
Onions, green	1 average bunch	5-6 stalks
Oranges	1 pound	3 medium
Oranges	1 pound	1 cup juice
Oranges	1 medium	1/3 cup juice
Oranges	1 medium	1 1/2-2 tablespoons grated zest
Parsnips	1 pound	4 medium
Peaches	1 pound	3-4 medium
Peaches	1 pound	2-2 1/2 cups sliced
Peanuts, in shell	1 pound	2 cups shelled
Peanuts, shelled	1 pound	4-4 1/2 cups
Pears	1 pound	4 medium
Pears	1 pound	2-2 1/2 cups sliced
Peas, dried	1 pound	2 1/4-2 1/2 cups
Peas, dried	1 pound	5-6 cups cooked
Peas, split	1 pound	2 cups
Peas, split	1 pound	5 cups cooked
Peas in pod	1 pound	1 1/2 cups shelled
Pecans, in shell	1 pound	2 1/4 cups shelled
Pecans, shelled	1 pound	4-4 1/2 cups
Pepper, bell	1 large	1 cup chopped
Pineapple, crushed	15-16 ounce can	1 cup juice, 1 1/2 cups fruit
Plums	1 pound	2-3 cups pitted
Plums, pitted	1 1/2 pounds	2 cups 1/2-inch cubes
Prunes, dried, whole	1 pound	2-1/3 cups
Prunes, dried, pitted	1 pound	3-4 cups cooked
Prunes, dried, diced	1 pound	2-1/3 - 2-2/3 cups
Potatoes	1 pound	3-4 medium
Potatoes	1 pound	1-3/4-2 cups mashed
Potatoes, sweet	1 pound	2-3 large
Raisins, seedless	1 pound	2 1/2-2-3/4 cups
Rhubarb	1 pound	2 cups cut up, cooked

Rice, regular	1 pound	2½ cups
Rice, regular	1 pound	6-3/4-7 cups cooked
Rice, converted	14 ounces	2 cups
Rice, converted	14 ounces	7-8 cups cooked
Rice, quick-cooking	12 ounces	4 cups
Rice, quick-cooking	12 ounces	7-8 cups cooked
Rice, brown	12 ounces	2 cups
Rice, brown	12 ounces	7-8 cups cooked
Rice, wild	1 pound	3 cups
Rice, wild	1 pound	11-12 cups cooked
Rice, California wild	1 pound	3-1/3-3½ cups
Rice, California wild	2/3 cup	2-2½ cups cooked
Shrimp, colossal	1 pound	8-10
Shrimp, jumbo	1 pound	12-15
Shrimp, medium	1 pound	16-20
Shrimp, medium-small	1 pound	21-25
Shrimp, small	1 pound	31-42
Shrimp, Danish or cocktail	1 pound	200 or more
Shrimp, cooked	6 ounces	1 cup chopped
Spaghetti	1 pound	4 cups
Spaghetti	1 pound	7-8 cups cooked
Strawberries	1 pint	1½-2 cups sliced
Sugar, granulated	1 pound	2-2½ cups
Sugar, superfine	1 pound	2½-2½ cups
Sugar, brown	1 pound	2½ cups packed
Sugar, confectioners	1 pound	4-4½ cups sifted
Tomatoes, canned	1 pound	1-2/3-2 cups
stewed		
Tomatoes	1 pound	2-3 medium
Tomatoes	1 pound	2-2½ cups diced
Turnips	1 pound	2-2½ cups diced
Turnips	1 pound	3 cups mashed
Wafers, chocolate	19	1 cup fine crumbs
Wafers, vanilla	22	1 cup fine crumbs
Walnuts, in shell	1 pound	1-3/4 cup shelled
Walnuts, shelled	1 pound	4-4½ cups
Yeast, dry	¼-ounce packet	1 tablespoon
Yeast, fresh	2/3 ounce	1 cake

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Portland

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